

Mental Health First Aid



An internationally recognised course to teach people how to provide initial support to people aged 16+ who may be experiencing mental health problems

About 30 to 50% of adults will experience a mental illness at some point in their lives. 4 of the 10 leading causes of disability among people aged 5 and older are mental health disorders, with depression being the number one cause. Unfortunately, despite this high prevalence of mental illness, only about 20% of people who have a mental illness seek help.

Mental ill-health or distress is a major cause of sickness absence from work, reduced productivity and staff turnover. Work-related stress is estimated to be the second biggest occupational health problem in the UK, after musculoskeletal disorders such as back problems. Mental health problems account for the loss of over 91 million working hours each year.

Mental Health First Aid (MHFA) training teaches how to give help to those experiencing a mental health problem before professional help is obtained. The course was developed originally in Australia and has been adopted in many countries worldwide. The aims of MHFA are:

- to preserve life where an adult may be a danger to themselves or others
- to provide help to prevent the mental health problems developing into a more serious state
- to promote the recovery and maintenance of good mental health
- to provide comfort to a person experiencing a mental health problem

MHFA does not teach people to be therapists. However, it does teach to recognise the symptoms of mental health problems, provide initial help, and to guide a person towards professional help where appropriate.



COMMUNITY INTEREST COMPANY

Web: ksl.uk.net
Phone: 020 3051 7717
Email: info@ksl.uk.net



FAQs

1. WHAT DOES KSL OFFER?

The KSL team of professional trainers and its individual approach to clients ensures you get service to the best of standards. We will research into your specific needs pre-course and make sure it meets the learning needs of participants of different age groups and professional status.

We offer courses to organisations and course places individuals.

2. HOW LONG DOES IT TAKE TO TRAIN IN MHFA?

Our course is delivered over 12 hours, spread over two days or four evenings.

3. WHO CAN ATTEND THE TRAINING?

The training is aimed at anyone working with NHS Trusts, independent service providers, voluntary organisations, local authorities, employment support and community services, colleges and local employers. The course is for service staff with little or no training in mental health.

4. WHO DELIVERS THE TRAINING?

We employ a number of the MHFA instructors who are either in training or approved by [MHFA England](#), under its licence from MHFA Australia.

5. WILL I GET A CERTIFICATE OF COMPLETION?

Yes, trainees who successfully complete the course will receive an official course manual and certificate of accreditation.

6. HOW CAN I REGISTER FOR THE COURSE?

To sign up as an individual, please go to the registration page on our website.
To commission courses as an organisation, please contact us using the details below.

7. HOW MUCH DOES THE TRAINING COST?

The standard cost of two-day training is £200 per person. Prices may be reduced for organisations depending on the number of courses commissioned and whether the venue is supplied.



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