**Application to enrol on Mental Health First Aid 2 Day Adult Training**

**New Addington**

**For persons living and/or working in New Addington and
Fieldway with the voluntary and community sectors**

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| Name: |  |
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| Organisation: |  |
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| Address: |  |
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| Job Title:Course Date(s): |  |

Due to the sensitive nature of this course, it is not recommended for delegates with unresolved mental health issues. After training, you will be expected to carry out the role of a mental health first aider (see overleaf for details) within the local community of Fieldway and New Addington.

Please outline your interest in this subject:

Please advise if you have any special requirements:

**Organisation Authorisation:**

I agree to release the above-named for the 2 day MHFA course and to fulfil the related duties of a Mental Health First Aider when required.

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| Name: |  |
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| Job Title: |  |
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The course is valued at £300.00 and is fully subsidised by Croydon Council.

Please return to theresa.dent-gater@croydon.gov.uk

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| **What is Mental Health First Aid?**MHFA is an internationally recognised programme which provides the skills, knowledge and understanding of first aid for mental health and how to effectively support those experiencing mental distress. Delegates learn to:* spot the early signs of a mental health problem
* feel confident helping someone experiencing a problem
* provide help on a first aid basis
* help prevent someone from hurting themselves or others
* help stop a mental illness from getting worse
* help someone recover faster
* guide someone towards the right support
* reduce stigma and discrimination of mental health problems

**Why are we providing mental health first aid?** * Mental health problems are common
* There is stigma associated with mental health problems which may hinder people from seeking help
* To raise awareness of mental health and give positive messages
* To promote good mental health and well-being
* Provide guidance on how to manage situations that can arise when people experience mental ill health
* Reduce the fear and lack of understanding around engaging with someone experiencing mental ill health
* To encourage people to discuss their problems openly and with trust and seek help
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| **What does a Mental Health First Aider do?*** Provide comfort and hope to a person with a mental health problem
* Listen non-judgementally
* Signpost to appropriate professional help
* Signpost to appropriate self-help measures
* Be mindful of safeguarding procedures
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**What does a Mental Health First Aider not do?**

* diagnose a mental health problem
* give advice
* provide ongoing counselling/therapy