**Application to enrol on Mental Health First Aid Training – Adult / Youth**

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| **This training opportunity is funded[[1]](#footnote-1) and organised by the Croydon Recovery project working in partnership with Croydon Community Mental Health Group whose aim is to train 1000 Croydon residents and keyworkers in Mental Health First Aid.** **What is Mental Health First Aid training?**The two day course qualifies you as a Mental Health First Aider, giving you:* An in-depth understanding of mental health and the factors that can affect wellbeing
* Practical skills to spot the triggers and signs of mental health issues
* Confidence to step in, reassure and support a person in distress
* Enhanced interpersonal skills such as non-judgemental listening
* Knowledge to help someone recover their health by guiding them to further support - whether that’s self-help resources, through their employer, the NHS, or a mix
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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

**Training format**

* Online
* Four live training sessions, spread across two weeks, with self-learning activities in between.
* Each session is built around a Mental Health First Aid action plan

**Everyone who completes the course gets:**

* A certificate of attendance to say you are a Mental Health First Aider
* A manual to refer to whenever you need it
* A quick reference card for the Mental Health First Aid action plan
* A workbook including a helpful toolkit to support your own mental health

Due to the sensitive nature of this course, the course is not recommended for delegates with unresolved mental health issues.

**Application form**

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| **Name:** |  |
| **Organisation:** |  |
| **Email of requester** |  |
| **Candidate’s own email address if different.** **This is essential for course correspondence and ongoing communication about MHFA business** |  |  |
| **Address:** |  | **Postcode:** |
| **Job Title:** |  |
| **Course applying for** | Adult course | Youth course(this is for adults working with children and young people) |
| **Preferred Course Date(s)** |  |

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| **Delivery address for course materials if different from above:** |
| **Address:** |  | **Postcode:** |

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**Please outline your interest in this subject and how it will benefit you in your work / role / life**

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**Please advise if you have any special requirements:**

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**Undertaking online courses**

This on line course needs access to a quiet space and ability to connect to the internet from a laptop / desktop PC or similar

Please say if this might be difficult for you and why?

**Management Authorisation (if required):**

I agree to release the above-named for the online MHFA course and to fulfil the related duties of a Mental Health First Aider when required in the workplace and the wider community.

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| **Name:** |  |
| **Job Title:** |  |
| **Contact email:** |  |

This form must be returned to: MHFA@croydon.gov.uk .

Please do not apply directly on the MHFA site. The Croydon courses are closed courses and will not appear on the site. Applications via the MHFA site will incur a charge.

1. This course is valued at £300 but these places are being fully subsidised as part of the Croydon Recovery model [↑](#footnote-ref-1)