



MHFA England

Application to enrol on Mental Health First Aid Training - Adult

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

Delivery address for course materials:	
Address:	

Due to the sensitive nature of this course, it is not recommended for key workers and residents 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) with the authorisation of your line manager and for your contact details to be published in the Healthy Workplaces section of the intranet.

Please outline your interest in this subject and how it will benefit you in your work.

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Please advise if you have any special requirements:

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This is a part of the Croydon Recovery project working in partnership with Croydon Community Mental Health Group whose aim is to train 1000 Croydon residents and keyworkers (who support Croydon residents)

The course is valued at £300.00 and is fully subsidised by Croydon Council.

Please return to Theresa.Dent-Gater@croydon.gov.uk



MHFA England

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 at work when staff experience mental ill health
- Reduce the fear and lack of understanding around engaging with someone experiencing mental ill health
- To encourage staff to discuss their problems openly and with trust and seek help

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

What does a Mental Health First Aider not do?

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