Mental Health First Aid

We are proud to offer a variety of adult Mental Health First Aid training courses (each accredited by MHFA England), which will support delegates to manage wellbeing proactively and minimise the impact of mental ill health on both work and home life (the link between the two being something that we at Handling Change are particularly passionate to promote in everything we do). Each course has been designed to complement and enhance your own existing wellbeing strategy too.

Mental health education empowers people to care for themselves and others. By reducing stigma through understanding, it aims to break down barriers to the support that people may need to stay well, recover or manage their symptoms in order to thrive in learning, work and life.

Why Handling Change?

• As with all that we do, we will gladly (and very importantly) build in any inclusions you want within the framework supplied by MHFA England. We see the ability to make this bespoke and specific, as far as we can, a crucial element for relevance and buy-in.
• Our empathetic, understanding and yet engaging delivery style to this training is already receiving fantastic feedback.
• We are committed to making a difference and as such have come up with what we believe is a very cost effective approach to delivery – we don’t believe budgets should be the reason not to proceed with this training.

INTERESTED IN WORKING WITH US?

Get in touch
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MENTAL HEALTH FIRST AID

MHFA England

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INNOVATION, ENGAGEMENT, WELLBEING

MENTAL HEALTH FIRST AID

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Mental Ill Health in the Workplace
Recent independent research has shown that as many as 1 in 6 workers experience stress, depression or anxiety at any one time – it is therefore easy to see why the workplace is a key area to manage and tackle mental ill health.

The same research revealed that as many as 60% of people are unaware of the main traits of the six most prevalent UK mental health conditions – this then leads to a delay in seeking support and treatment.

Mental ill health costs UK employers £34.9 billion every year – that’s the equivalent of £1300 for every UK employee and is also responsible for 91 million working days lost every year.

With simple steps in place (such as a Mental Health First Aid programme), the management of mental health within the workplace will allow employers to save 30% or more of these costs – that’s at least £10 billion p/a collectively.

Why Mental Health First Aid?
As a society, we just don’t seem to know how to take care of our mental health in the same way we do our physical; we don’t know how to support our friends, family members or colleagues experiencing mental health issues, nor where to go for support for our own mental health and wellbeing.

By training key people within your organisation in Mental Health First Aid, you will be:
• Giving your people the skills to identify potential mental health issues and offer support or advice as to where further help can be found
• Encouraging those with mental ill health to access support when it’s needed and therefore promote a faster recovery
• Empowering people with long-term mental health issues and/or disabilities to thrive within the workplace
• Stopping preventable health issues arising by building a supportive culture around mental health – employers have a legal duty of care to ensure that employees are provided with a safe working environment and must take reasonable care to prevent personal injury (including both mental and/or physical harm) that may occur within the workplace.

Which course is for you?
We would be happy to advise you as to which of the three Adult MHFA courses might work best for your needs (or whether a complimentary mix may be a better approach) as well as provide a more detailed breakdown of course content but as a rough guide:

Adult Mental Health First Aid 2-Day Course
• For those wishing to become a certified Mental Health First Aider within their organisation.
• This in-depth comprehensive course will teach participants the practical skills to recognise the signs and symptoms of a mental health illness as well as giving them the confidence to guide individuals towards the right support.

Adult Mental Health First Aid 1-Day Course
• Ideal for Line Management level, the 1-day MHFA course is for those wanting to gain a better awareness of mental health.
• Participants will be given an understanding of common mental health illnesses, how to spot their signs and symptoms and how to support positive wellbeing.

Adult Mental Health First Aid Half Day Course
• The half day MHFA ‘overview’ course is for those wanting to be more self-aware about their own mental health, as well as to gain a basic awareness of mental health illnesses and how to help themselves and those around them.