

# Mental Health First Aid Training

## Information for learners - Face to face delivery



### What is Mental Health First Aid?

Train as a Mental Health First Aider (MHFAider®) and you'll get three years of support and benefits to help you feel empowered and confident in your role.

With Mental Health First Aid (MHFA) England training you will be accessing the very best evidence-based Mental Health First Aid (MHFA) course available. The training is grounded in research and developed with clinical practitioners. It is proven to increase MHFAiders® confidence in supporting people with mental health issues.

With the new offer, training doesn't stop when the course comes to an end. MHFA England provide continuous support for MHFAiders® - well beyond your initial certification - so you are confident, empowered and motivated to carry out your role.

### Becoming a Mental Health First Aider

By completing this training you will gain:

- A deeper understanding of mental health and the factors that can affect people's wellbeing
- Practical skills to spot the triggers and signs of mental health issues
- The confidence to step in and support someone to recover their health by guiding them to appropriate support
- Three years of access to the MHFAider Support App® with 24/7 digital support
- Access to exclusive resources, ongoing learning opportunities, and the benefit of joining England's largest community of trained MHFAiders®

You will also receive:

- A certificate of attendance to say you are a MHFAider®
- Access to an electronic 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

### Format

- The course is delivered in a face to face, classroom environment across two full days. Learners must attend both days to complete the course.
- Learning takes place through a mix of group activities, presentations and discussions. See the course structure section below for full details.
- Each session is built around a Mental Health First Aid action plan - ALGEE.
- MHFA England limit numbers to 16 people per course so that the instructor can keep people safe and supported while they learn.

### Accessibility

- Course materials are available in large print. Please indicate if you need this version during the booking process
- Please indicate during the booking process if you have any learning needs that the trainer should be aware of

*"I feel like I have a good understanding and more knowledge on mental health.  
Very good training and instructor - I will recommend the course to others."*

## Cost versus Value

The value of this course is £325 per person. Many of our volunteers becoming Mental Health First Aiders will be able to take their learning into their workplaces and personal lives, as well as using their skills within their Guiding.

However, our instructor is a Girlguiding volunteer and believes that our organisation should be able to benefit from this amazing training. She is therefore giving her time for free so that the cost to the County of this course is just £70 per person. In addition, the County have secured funding, bringing the price to you to just £25 per person.

## Course Structure

It's important that learners understand the commitment to this course. The table below sets this out for you. The content is delivered across two full days and learners must attend both days in full.

The training is very powerful, covering a range of difficult topics and as such can be quite draining. We encourage learners to put on their email out-of-office reply and switch their mobiles off when attending this course to get the most from the two days.

Day One: Morning - Session 1	Afternoon - Session 2
<ul style="list-style-type: none"> <li>• MHFA and the role of the MHFAider®</li> <li>• Self-care</li> <li>• Introduction to ALGEE</li> <li>• What is mental health?</li> <li>• Helpful and unhelpful language</li> <li>• Frame of Reference</li> <li>• The Stress Container</li> <li>• MHFA Conversation activity</li> <li>• Quiz</li> <li>• Learner wellbeing</li> </ul>	<ul style="list-style-type: none"> <li>• What influences mental health?</li> <li>• The Mental Health Continuum</li> <li>• What is anxiety?</li> <li>• Crisis first aid for panic attacks</li> <li>• MHFA conversation activity</li> <li>• What is a traumatic event?</li> <li>• Crisis first aid after a traumatic event</li> <li>• Active listening and empathy</li> <li>• What are eating disorders?</li> <li>• First aid for eating disorders</li> <li>• What is self-harm?</li> <li>• Crisis first aid for self-harm</li> <li>• What is substance misuse?</li> <li>• MHFA conversation practice</li> <li>• Quiz</li> <li>• Happiness hour</li> </ul>
Day Two: Morning - Session 3	Afternoon - Session 4
<ul style="list-style-type: none"> <li>• Applying ALGEE to case studies</li> <li>• What is depression?</li> <li>• What is suicide?</li> <li>• Crisis first aid for suicide</li> <li>• What is psychosis?</li> <li>• MHFA Conversation activity</li> <li>• First and for psychosis</li> <li>• MHFA conversation practice</li> <li>• Quiz</li> <li>• Learner wellbeing</li> </ul>	<ul style="list-style-type: none"> <li>• Recovery and lived experience</li> <li>• Applying ALGEE top case studies</li> <li>• MHFA conversations activity</li> <li>• Boundaries in the MHFAider® role</li> <li>• Quiz</li> <li>• MHFA conversation practice</li> <li>• Moving forward in the MHFAider® role</li> <li>• My MHFA action plan</li> <li>• Returning to self-care</li> <li>• Feedback</li> </ul>



If you have any questions, please get in touch.

Anne Anderson, MHFA Instructor Member, [annea@girlguidingglos.org.uk](mailto:annea@girlguidingglos.org.uk)