



# Mental Health First Aid Training to become MHFAiders®

## Terms of Reference (ToR)



### 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.

As a MHFAider® you are not a trained therapist or counsellor and therefore not in a position to diagnose mental health conditions or provide ongoing support. Instead, your role is to act as a point of contact and reassurance for a person who may be experiencing a mental health issue or emotional distress.

Being a MHFAider® is a voluntary role. If you feel at any time, it is affecting your own wellbeing, or you are not in the right place to support others, please consider taking a break from MHFA, please do let Anne & Dee know if this is the case.

These ToRs are intended to provide guidance on the responsibilities of a MHFAider®. Each MHFAider® relationship will be different but must exist within these guidelines.

### MHFAider® Role

The primary role of a MHFAider® is to provide support to your fellow volunteers with mental health concerns and promote mental health awareness.

Those undertaking the role will:

- Spot the early signs and symptoms of mental ill health.
- Start a supportive conversation with a person who may be experiencing a mental health issue or emotional distress.
- Be clear that as a MHFAider® you offer support and signposting, not therapy or counselling.
- Understand the boundaries of confidentiality. Almost everything discussed between an individual and a MHFAider® is confidential, and details should not be disclosed please see below for exceptions.
- Treat all individuals uniquely by focussing on the individual need and eliciting responses from the individual seeking support, rather than telling the person what to do or imposing your own ideas.
- Provide a friendly, empathetic, non-judgemental, 'active listening' ear to people by facilitating open, honest and sensitive conversations about mental health.
- Be alert and assess if there is a serious risk of self-harm or risk of harm to another individual, contacting emergency services.

The MHFAider® role will **not**:

- Break confidentiality or trust with those seeking help unless:
  - The information provider has consented to the disclosure.
  - Disclosure is necessary to safeguard the individual or others.
  - There is a legal duty or obligation to disclose.
- Judge individuals seeking help.
- Offer medical advice or suggest possible treatments to an individual.
- Make any diagnosis of a mental health condition or participate in speculation about the diagnosis.

## Training and Upskilling

All MHFAiders® will have completed the Mental Health First Aid course (or its predecessor, the Adult Mental Health First Aid course) from MHFA England this could have been completed via one of the County delivered courses, or via their own workplace, etc. but you must show you have a current valid certificate by sending this to Anne or Dee via details below. This training is valid for 3 years and you should attend a refresher to continue to be a MFHAider®

## Local Support

Girlguiding Gloucestershire has a closed Facebook page for our MHFAiders® to provide a networking space, where MHFAiders® can support each other, ask questions, hear updates, share relevant news stories and so on. Once you have completed a county delivery, or you have sent us a copy of your certificate to Anne or Dee if completed through work etc, we will send you the group link to join.

## Key contacts

Anne Anderson - MHFA Instructor Member and L&D Team Leader (Joint)

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Dee Williams - MHFAider and L&D Team Leader (Joint)

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