

We all have mental health, just as we all have physical health. Mental ill health can strike at any time and can affect people from all walks of life.

Become a Mental Health First Aider

Fully Funded by Health Education England, supported by Greenwich Health and Bexley CEPN and delivered by the Recovery College, part of Bridge Mental Health these courses are open to those in the health and social care workforce who work in either borough. Mental Health First Aid (MHFA) is a training course which teaches people how to identify, understand and help someone who may be experiencing a mental health issue. MHFA won't teach you to be a therapist – but just like physical first aid teaches you how to preserve life and prevent worsening, it will teach you to listen, reassure and respond, even in a crisis; and potentially stop a crisis from happening.

You'll learn to recognise warning signs of mental ill health, and develop the skills and confidence to approach and support someone while keeping yourself safe. You'll also learn how to empower someone to access the support they might need for recovery or successful management of symptoms. What's more, you'll gain an understanding of how to support positive wellbeing and tackle stigma in the world around you.

Our two day MHFA course qualifies you as a Mental Health First Aider with:

- 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

Our Half Day MHFA awareness you will gain:

- An understanding of what mental health is and how to challenge stigma
- A basic knowledge of some common mental health issues
- An introduction to looking after your own mental health
- Confidence to interact with someone in distress or who may be experiencing a mental health issue
- Insight into the two-day course and the benefits of becoming a Mental Health First Aider

What to expect

We limit numbers to 15 people per course (2 day) or 25 (1/2 day) so that the instructor(s) can keep people safe and supported while they learn.

You will get an MHFA manual to keep and refer to whenever you need it. When you complete the two days you'll get a certificate to say you are a Mental Health First Aider and when you complete the half day you'll get a certificate to confirm you are MHFA aware.

Learning takes place across manageable sessions through a mix of group activities, presentations and discussions.

Places are offered free of charge to people in the health and social care workforce who work in the London Borough of Bexley and the Royal Borough of Greenwich. There is however a fee of £95 payable for non-attendance with less than 5 days' notice.