

# Mental Health First Aid

**MFHA is helping to challenge stigma and build mentally healthy workplaces.**

Training is the foundation to a healthy workplace. Educating people about mental health helps to:

- open up conversations
- break down stigma
- encourage mental health resilience
- ensure people are aware of how to access help
- quicken recoveries and more positive outcomes
- promote ethical and lawful HR practices

We believe the most effective way to create a healthy working environment is to train people in mental health awareness and skills at a blend of levels throughout your organisation. Every workplace is different so we have an adaptable framework for a sustainable impact.

Every course is face-to-face, delivered by experienced trainers with diverse business backgrounds and experience in mental health. Our courses are designed to be informative, interactive and engaging and are accompanied by a workbook or manual that participants can keep and refer to.

## **Mental Health Awareness - Half Day Workshop**

This programme is for ALL managers and staff. It is an introduction to looking after their own mental health and maintain wellbeing. It will give a basic awareness of mental health and how to challenge stigma. They will begin to develop confidence to offer support to someone in distress or who may be experiencing a mental health issue. Promotes **self-care and wellbeing**.

*Recommended minimum 3 yearly update*

## **Mental Health Awareness - One Day Workshop**

This programme is for ALL managers and staff. It is to raise awareness of common mental health conditions. It will equip them with skills and confidence to spot when someone is struggling and to know how and when to offer support. Creates **Mental Health Champions**.

*Recommended minimum 3 yearly refresher.*

## **Mental Health First Aid - Two Day Workshop ACCREDITED!**

This programme is for nominated staff at ALL levels. It is to equip them to act as designated Mental Health First Aiders with skills to spot signs of range of mental health issues and guide a person to appropriate support. Creating **Mental Health First Aiders**.

*Recommended minimum annual refresher.*

**Mental Health First Aiders are employees who have:-**

- an in depth understanding of mental health and the factors that can affect wellbeing
- practical skills to spot the triggers and signs of a range of mental health issues
- confidence to step in, reassure and support a person in distress using the MFHA action plan
- enhanced interpersonal skills such as non-judgemental listening
- knowledge to help someone recover by guiding and sign-posting to services
- understanding of how to keep themselves safe while performing their duties



**JoCo Learning and Development Ltd**

*"Person centred in everything we do"*

For booking and further information please email:

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