



WELLNESS WORKS MENTAL HEALTH FIRST AID



How well is your workplace?

National statistics show that at any given time 1 in 6 working age adults have symptoms associated with mental ill-health. 10% of the UK population will experience depression in any one year. UK business loses £25.9 million each year due to mental health sickness absence.

Recent disability survey's show, only 13% of managers at work have received mental health awareness training and 60% of line managers underestimate the percentage of the UK population that experiences mental ill-health.

Wellness Works is resourcing a mental health and well-being awareness programme in the workplace called Mental Health First Aid. (MHFA) is part of a new national training programme developed and regulated by the National Institute for Mental Health in England (NIMHE) and England's Care Services Improvement Partnerships (CSIP) <http://www.mentalhealthfirstaid.csip.org.uk/>

What is Mental Health First Aid (MHFA)?

Mental health first aid (MHFA) is the help given to someone experiencing a mental health problem before professional help is obtained.

The aims of MHFA are:

- To preserve life where a person may be a danger to themselves or others
- To provide help to prevent a mental health problem developing into a more serious state
- To promote the recovery of good mental health
- To provide comfort to a person experiencing a mental health problem

MHFA does not teach people to be therapists. However, it does teach people how to recognise the symptoms of mental health problems, how to provide initial help and how to guide a person towards appropriate professional help.

What is MHFA training?

The MHFA training covers the following topics:

- What is meant by mental health and mental ill health
- Common mental health problems and provision of mental health first aid for people who are experiencing depression, anxiety, panic, psychosis and suicidal feelings
- The range of effective treatments, interventions and self-help activities that support recovery from common mental health problems
- How to access professional help and support

How will the course be delivered?

The course will be delivered over **two full days** (you will need to attend both days otherwise you will be invoiced the costs in full unless prior notice received) in four modules, each of which lasts 3½ hours. It consists of a mix of presentations, activities and discussions. Participants will receive a certificate of attendance and a copy of the Mental Health First Aid Manual.

Who should attend?

This course will be useful for any managers or staff from Public, VCS and Private sectors wishing to raise their awareness of mental health issues.

Course dates are:

April 6th and the 12th, 2010, 9.30 am until 4.00pm at Perdiswell Young Peoples Club, Droitwich Road, Perdiswell Park, Droitwich Road, Worcester, WR3 7SN. Parking is available and lunch will be provided.

For a booking form, please contact Andrea Cooper andreac@comfirst.org.uk 01684 312740

This course is offered at the heavily subsidised rate of £35 PP if you are an employer working with Wellness Works in Worcestershire. For any other employers the cost is £100 PP.

For more information on how to get involved with Wellness Works contact: amandaw@comfirst.org.uk

