**The role of the Mental Health First Aider**

**Mental Health First Aid**

Mental Health First Aid (MHFA) is an internationally recognised training course, designed to teach people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis. In the same way as learning physical first aid, MHFA teaches people how to recognise those crucial warning signs of mental ill health and feel confident to guide someone to appropriate support. Embedding MHFA training within any organisation or community also encourages people to talk more freely about mental health, reducing stigma and creating a more positive culture.

**The Role**

The role of a MHFA in the workplace is to be a point of contact for an employee who is experiencing a mental health issue or emotional distress. This interaction could range from having an initial conversation through to supporting the person to get appropriate help. As well as in a crisis, MHFAs are valuable in providing early intervention help for someone who may be developing a mental health issue.

MHFAs are not trained to be therapists or psychiatrists but they can offer initial support through non-judgemental listening and guidance.

MHFAs are trained to:

* Spot the early signs and symptoms of mental ill health
* Start a supportive conversation with a colleague who may be experiencing a mental health issue or emotional distress
* Listen to the person non-judgementally
* Assess the risk of suicide or self-harm
* Encourage the person to access appropriate professional support or self-help strategies. This might include encouraging access to internal support systems such as EAPs or in-house counselling services
* Escalate to the appropriate emergency services, if necessary
* Maintain confidentiality as appropriate
* Protect themselves while performing their role

The Wellbeing Hub would like you to fill out the expression of interest form below so that we can identify who is a trained MH First Aider, Instructor or is interested in future MHFA Training or requires Refresher Training.

Your details will be added to the LLR Wellbeing Hub database so that we can notify you when you are due training or your certificate is running out to be retrained.

Only the LLR Wellbeing Hub/ Mental Health Training Team will have access to your information you give. Your responses will be kept private and secure. You can request your data to be removed at any time by emailing the LLR Wellbeing Team at mhwb.hub@nhs.net.

Please can you complete the following questions:

1. Are you a Mental Health First Aider?

[ ]  Yes [ ]  No, **please continue to No. 5**

1. If Yes, when did you complete your training?

|  |  |
| --- | --- |
| Please insert date (DD/MM/YY) |       |
| If date not known, please insert year (YY) |       |

1. Which organisation provided you with your training?

|  |  |
| --- | --- |
| Insert company name |       |

1. If you are a Mental Health First Aider, would you be interested in becoming a MHFA Instructor? **You will need to have completed your initial training in the last 2 years.**

[ ]  Yes [ ]  No

1. Why do you want to become a Mental Health First Aider?

(this will require that you accept becoming a point of contact for colleagues in your organisation that may need emotional support and signposting to services offered through the LLR Wellbeing Hub as appropriate)

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1. Please complete your contact details below:

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| --- | --- |
| Full Name |       |
| Job Title |       |
| Department |       |
| Organisation |       |
| Email |       |