

MHFA – Is it for me?

Preparing to Become a Mental Health First Aider

Mental Health First Aid is a great first step to creating a culture where mental health is managed effectively. It is important that the business and the person undertaking the training understand the role of the Mental Health First Aider. Ultimately, MHFA is as effective **and** as limited in what it can achieve as traditional first aid. We do not expect traditional first aiders to take the place of paramedics, doctors or nurses, nor should we expect Mental Health First Aiders to take the place of counsellors or therapists.

This half-day workshop introduces you to the skills and behaviours needed to become an effective Mental Health First Aider. It provides an opportunity for you to understand the role, review your skills in relation to those needed to be an effective Mental Health First Aider and introduce one technique to help you manage your emotional response as you carry out the role.


Who is it for?


Anyone who is considering undertaking MHFA training.

Aims:

This workshop aims to prepare you for the role of Mental Health First Aider by focusing on the skills you will be bringing to the role, identifying the skills you need to develop and providing training to build resilience.

Outline

-  **MHFA Role**
 - ✓ Your expectations of MHFA
 - ✓ Skills and experience needed to be an effective Mental Health First Aider

-  **Looking after yourself in the role**
 - ✓ Understanding boundaries and the limits of the role
 - ✓ Building your resilience

This workshop ends by developing an action plan for putting learning into practice.

Timing:

3 hour training session

Format:

The workshop is interactive, delegates are asked to work individually and in small groups. All delegates are encouraged to participate fully in the session to ensure that they can leave having addressed any concerns they may have about the role of the Mental Health First Aider.