

Resilience Building for Mental Health First Aiders

The role of the Mental Health First Aider is sometimes misunderstood, with the best will in the world you are not a trained counsellor or therapist, and yet, people can end up offloading and sharing more with you than you feel comfortable handling. This can lead to people taking on too much of other people's emotional baggage, which can lead to burn out.

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 one-day workshop is designed to support Mental Health First Aiders who may have had to support someone in a mental health crisis and felt ill-equipped for the role, or who has struggled to re-focus after supporting someone with a mental health issue, or someone who wants to build their skills so that they feel confident if they are faced with a crisis situation.




Who is it for?

Anyone who is MHFA trained and would benefit from building their resilience to deal with the unique pressures of the role.

Aims:

The workshop aims to build your resilience and confidence in talking to individuals about their mental health.

Outline

-  **Identifying the challenges and opportunities**
 - ✓ Sharing experiences in the role and identifying the reasons for the main challenges and how to overcome them
-  **Core skills of Mental Health First Aiders**
 - ✓ Identifying and practicing the core skills required to deliver Mental Health First Aid
-  **Looking after yourself in the role**
 - ✓ Using tools and techniques from the therapy world to build your resilience in the role

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

Timing:

One-day workshop

Format:

The workshop is facilitated by a trained therapist who will help uncover the reasons for the challenges faced, while guiding you to build your skills, confidence and resilience.