

## Support 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 result in 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.

These 2-hour workshops will provide you with an opportunity to share your experiences with other Mental Health First Aiders, identify the skills that need to be developed to support you better and opportunities to build your resilience as a Mental Health First Aider.

### Who is it for?

Anyone who is MHFA trained and would benefit from receiving some support in the role.

### Aims:

These workshops provide a dual purpose

1. To meet other Mental Health First Aiders and share current practice
2. To build your resilience in the role

### Outline

#### **Group discussion**

- ✓ Connecting with trained Mental Health First Aiders to share challenges and identify current practice that works

#### **Looking after yourself in the role**

- ✓ Skills development to build your confidence and resilience in the role

The workshops end by developing an action plan for putting learning into practice.

### Format:

The workshop is facilitated by a trained therapist who will support the group discussion and deliver training to build confidence and resilience. This is a collaborative approach to supporting Mental Health First Aiders to avoid burn out and build resilience.