

## Stop Paddling / Mental Health First

We provide the 2 day Mental Health First Aid training course throughout the UK allowing participants to become qualified mental health first aiders.

This is part of a new national training programme developed and regulated by the National Mental Health Development unit.



### **Mental Health First Aiders**

Mental health first aiders in the workplace and in the community are largely non-health-professionals who can:

- promote awareness of mental health amongst peers and within their organisation
- recognise those affected by mental health problems
- offer initial help and guidance towards professional support
- help to tackle the prejudice and stigma associated with mental illness
- improve outcomes for those affected, families, friends, colleagues and employers

### **What is Mental Health First Aid?**

Mental Health First Aid is a name for the help given to someone experiencing a mental health problem before professional help is obtained.

MHFA exists in many countries, and is now available as English MHFA developed by NIMHE, the National Institute for Mental Health in England, in consultation with Mind and Health Scotland. The aims are:

- to preserve life where a person may be a danger to themselves or others
- to provide help to prevent mental health problems becoming more serious

### **Why do we need MHFA?**

One in four British adults will experience at least one diagnosable mental health problem in any one year, yet most people have little knowledge of mental health matters. MHFA promotes the recovery of good mental health.

### **Instructors**

Official MHFA instructors use resources and materials supplied by the National Mental Health Development unit (NMHDU).

### **Who seeks this qualification?**

Anyone can attend MHFA training. There are no selection criteria.

More information at [www.mentalhealthfirst.co.uk](http://www.mentalhealthfirst.co.uk)

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