



Mental Health First Aid Practical Interventions

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Mental Health First Aid Practical Interventions

By the end of this workshop participants will have:

- Considered the fear and stigma of mental illness
- Discussed an experience of mental illness
- Become aware of the origins and applications of the MHFA
- Had an opportunity to ask questions and have clarifications
- Resolved an action



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Fear and Stigma

- One in four of us will have direct experience of mental illness during our lives
- Illness(s) of the mind are not visible in the same way that an injured body is visible
- Moral panics suggest someone with a mental illness is dangerous to others
- Resolution of mental illness is seldom simple
- The temptation is to turn away because we feel powerless to help



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ACTION:

In a small group – pairs or threes – share an encounter that you have had with a mental illness situation, reflect upon your instinctual reactions. Were there any outcomes?

10 minutes.



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Interim Plenary; report back key
issues from your discussions



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Actions:

- **Business case** for action-centred approach to mental illness in the workplace; MIND 2011 say,
- *Work-related mental ill health costs the UK economy up to £26 billion every year through lost working days, staff turnover and lower productivity. Would you know how much mental ill health costs your organisation?*



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- *A 2003 study by the Health and Safety Executive found that a million people are so stressed by their jobs they believe it is making them ill and up to five million people feel very or extremely stressed by their work. And yet employer awareness of mental health issues at work in the UK is poor.*
- *Most senior managers vastly underestimate the scale of the problem and most think it will never affect their workplaces (Sainsbury Centre for Mental Health, 2007; Shaw Trust, 2010).*



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Social case

- How can we not want to live in a humane and compassionate society that cares for people who have mental health needs?
- Universities can have a unique role in proving that the business and the social case for engaging with mental health needs. We are Future Shapers.
- Probably the most effective practical, first response intervention in mental health originated at the University of Queensland, Australia – the Mental Health First Aid award. Now an RSPH recognised award here in UK since 2006.

It is first response, it is not diagnostic, it is not offering therapy, it is what to do in the moment, it is training that might combat the response to turn away.



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First aid for physical injuries teaches people how to give initial care until medical treatment is accessed, and MHFA does the same for someone experiencing mental ill health. However, in teaching people how to give initial care, the course also dispel the fears people often have when they come across someone they suspect is experiencing mental ill health or is in distress. (MHFA statement 2010)



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An MHFA course will teach you to:

- Spot the early signs of a mental health problem
- Feel confident helping someone experiencing a problem
- Provide help on a first aid basis
- Help prevent someone from hurting themselves or others
- Help stop a mental illness from getting worse
- Help someone recover faster
- Guide someone towards the right support
- Reduce the stigma of mental health problems



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The MHFA is a 12 hour 4 part course – this may be delivered over two days or over a number of sessions.

Up to 12 participants (with one instructor) and up to 16 with two instructors.

'It has made me definitely more aware of signs and symptoms of mental illness and how to deal with them. I will use this in daily life and work.'

'I felt that the delivery and content were very good and couldn't be improved upon.'

'I couldn't praise the course enough and will tell others about it and help raise awareness.'



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There is also MHFA Lite:

MHFA Lite is a 3 hour introductory mental health awareness course that can be delivered to up to 25 people. Because of its short duration it is not meant as a substitute for the full MHFA course.

The aims and objectives of the course include:

Enabling participants to:

- _ gain a wider understanding, for themselves and others, of some issues surrounding mental health
- _ gain a greater understanding of how and why positive and negative mental health affects business
- _ work more effectively with people experiencing mental health problems



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By the end of the course participants will be able to:

- _ identify the discrimination surrounding mental health problems
- _ define mental health & some mental health problems
- _ relate to people's experiences
- _ help support people with mental health problems
- _ begin developing a business case for promoting positive mental health in the workplace
- _ look after their own mental health



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"On a personal interest level, I found it fascinating"

"Very enjoyable and interesting course, money well spent"

"Really sticks with you"

"Gave me a better understanding"

(October 2011)

Comments from MHFA Lite training course.



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Questions and Clarifications?



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Resolved Actions.

What are you going to do?

By when?

Who can help make this happen?

Thank you.