

Armed Forces
MHFA



Two Day

Mental Health First Aid starts with you

Learn more at mhfaengland.org



MHFA England

What is Mental Health First Aid?

Mental Health First Aid (MHFA) is an internationally recognised training course, designed to teach people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis.

MHFA won't teach you to be a therapist, but it will teach you to listen, reassure and respond, even in a crisis.

Armed Forces MHFA has been specifically designed to meet the needs of the whole Armed Forces community, including serving personnel, veterans, family and friends, and people who work with or support them.

Each MHFA course is delivered by a quality assured instructor who has attended our seven day instructor training programme.

What will I learn on an Armed Forces MHFA Two Day course?

Training is delivered in four manageable chunks:

Session 1

What is mental health?

Session 2

Suicide and depression

Session 3

Psychosis

Session 4

Anxiety and post-traumatic stress disorder

Through a mix of group activities, presentations and discussions, each session is built around an MHFA action plan. Everyone who attends the course gets an Armed Forces MHFA manual to keep and a certificate to say they are an Armed Forces Mental Health First Aider.

How will becoming a Mental Health First Aider help?

Armed Forces Mental Health First Aiders have:

- An in depth understanding of mental health and the factors that affect wellbeing for the Armed Forces community
- Practical skills to spot the triggers and signs of mental health issues
- Confidence to step in, reassure and support a person in distress
- Enhanced interpersonal skills such as non-judgemental listening
- Knowledge to help someone recover their health by guiding them to further support - whether self-help resources, through the MOD, NHS, or support charities

Independent research and evaluation shows that taking part in an Armed Forces MHFA course:

- Raises awareness and mental health literacy
- Reduces stigma around mental ill health
- Boosts knowledge and confidence in dealing with mental health issues
- Encourages people to start a conversation with a person who may be experiencing a mental health issue
- Promotes early intervention which enables recovery

To learn more or book a course, please contact: