

## Mental Health First Aid

A national training programme regulated  
and accredited by Care Services Improvement Partnership  
[www.mhfaengland.org.uk](http://www.mhfaengland.org.uk)

- 1 in 4 Britons have at least one mental health problem in any one year
- 10% of children experience mental health problems at any one time
- Stress, anxiety and depression accounted for a third of the 168 million working days lost in the UK for health and related reasons in 2004, translating to a cost of sickness absence of about £4.1 billion
- 450 million people worldwide have a mental health problem

### What is Mental Health First Aid? (MHFA)

MHFA is a name for the help given to someone experience a mental health problem before professional help is obtained. The aims are:

- To preserve life where a person may be a danger to themselves or to others
- To provide help to prevent the mental health problems developing into a more serious state
- To promote the recovery of good mental health
- To provide comfort to a person experiencing a mental health problem

MHFA does not teach people to be therapists. However it does teach people:

- how to recognize the symptoms of mental health problems
- how to provide initial help
- how to guide a person towards appropriate professional help

### How long does it take to train in MHFA?

The course is delivered over 12 hours. This can be spread over 2 days or 4 half days:  
The training will be delivered by official MHFA instructors from HealthWORKS Newcastle using materials from the Care Services Improvement Partnership (CSIP)

### Who is the course for?

Anyone and everyone! The course is aimed at ordinary people, not necessarily health professionals. Trainees who complete the course successfully will receive a course manual and a certificate issued and accredited by CSIP.

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