



# Mental Health First Aid England Training with Minding Your Business (MYB)

**\*\* MYB Newsflash \*\***

Online Mental Health First Aider Course – Dates available for our Public Course



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

Everyone has mental health like physical health, but mental ill health can strike at any time, and can affect anyone. At MYB, we want to help alleviate the stigma that still exists around mental ill health, and through providing MHFA England courses, we have found that this has been a huge step towards doing so.

### **What to Expect of the MH First Aider course**

The new **Online Mental Health First Aider Course** is a blended approach of individual learning and four instructor-led live sessions hosted on a new Online Learning Hub called Enabley. This is a practical skills and awareness course designed to equip learners with the skills and confidence to spot the triggers and signs of mental health issues. The Online Mental Health First Aider course offers the same learning outcomes as the face to face training and every person who completes the course will become a Mental Health First Aider and be sent an e-certificate by Mental Health First Aid England.

### **Public Course Dates Available with MYB**

(all dates/times must be attended)

<b>Monday 7<sup>th</sup> September</b>	<b>9am to 11 – 11.30am</b>
<b>Tuesday 8<sup>th</sup> September</b>	<b>9am to 11.30am</b>
<b>Thursday 10<sup>th</sup> September</b>	<b>9am to 11 – 11.30am</b>
<b>Friday 11<sup>th</sup> September</b>	<b>12.30pm to 2.30 – 3pm</b>

## **Mental Health First Aiders have:**



- An in depth understanding of mental health & factors that affect wellbeing
- Practical skills to spot triggers & signs of mental health issues
- Confidence to step in, reassure & support someone in distress
- Enhanced interpersonal skills such as non-judgmental listening
- Knowledge to help a person recover their health by guiding them to further support
- Tools to look after your own mental wellbeing



## Course Format

Our experienced MHFA instructors need to run the licenced Mental Health First Aider course over FOUR sessions. Each session starts with about two hours of self-learning (delegates can choose when to do this provided it is [completed before the relevant Instructor Session](#)) with the delegates completing activities using their MHFA manuals, workbooks (which MYB arranges to be delivered to their homes), and the MHFA interactive learning hub (Enabley). The delegates then join the instructor for a mixture of group activities, presentations and discussions online on Zoom. This is repeated over four days = four sessions.

Session Number	DATE For Public Course	Individual Learning <a href="#">ahead</a> of live session (approx.)	Live session with instructor
Session One #	Mon 7 Sept from 9.00am	2 hours	Up to 2.5 hours
Session Two	Tue 8 Sept from 9.00am	2 hours	Up to 2.5 hours
Session Three	THUR 10 Sept from 9.00am	2 hours	Up to 2.5 hours
Session Four	Fri 11 Sept from 12.30pm	2 hours	Up to 2.5 hours

# The Individual learning for Session One will be opened to the delegates from Friday 4<sup>th</sup> September, so there is plenty of time for the delegates to choose when they do this over the weekend.

## Who can go on the Online Mental Health First Aider course?

This MHFA course running between 7<sup>th</sup> and 11<sup>th</sup> September is open to anyone – general public or businesses. With the company based Mental Health courses you must have a minimum of 8 delegates. With this public course, it means that companies with less than 8 people to train, can select just one or more of their staff to take the course. We will not accept more than 16 delegates on the course so that Instructor can maintain the safety of the group.

## Safety & Home-working

This online course was developed during the Coronavirus lockdown in response to our need for online learning.

The instructors will ensure and discuss safety with the delegates, but we do ask that the delegates also consider the safety of those around them whilst they participate in this course (family, flat-mates etc). We suggest that the course is completed in a quiet room where distractions can be kept to a minimum.

## Course Structure (Four Sessions)

### Session One

<ul style="list-style-type: none"> <li>• Why Mental Health First Aid?</li> <li>• The Mental Health First Aid action plan</li> <li>• What is mental health?</li> <li>• Impact of mental health issues</li> </ul>	<ul style="list-style-type: none"> <li>• Stigma &amp; discrimination</li> <li>• What is depression?</li> <li>• Symptoms of depression, &amp; risk factors for depression</li> </ul>
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### Session Two

<ul style="list-style-type: none"> <li>• Suicide figures</li> <li>• Alcohol, drugs and mental health</li> <li>• First aid for suicidal crisis</li> <li>• Non-judgmental listening skills</li> </ul>	<ul style="list-style-type: none"> <li>• First aid for depression</li> <li>• Treatment &amp; resources for depression</li> <li>• Self-care</li> </ul>
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### Session Three

<ul style="list-style-type: none"> <li>• What is an anxiety disorder?</li> <li>• First aid for anxiety disorders</li> <li>• Crisis first aid after a traumatic event</li> <li>• Alcohol, drugs and anxiety disorders</li> <li>• Treatment &amp; resources for anxiety disorders</li> </ul>	<ul style="list-style-type: none"> <li>• Cognitive distortions and CBT</li> <li>• Personality disorders</li> <li>• Eating disorders</li> <li>• Self-harm</li> </ul>
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### Session Four

<ul style="list-style-type: none"> <li>• What is psychosis?</li> <li>• Risk factors for psychosis</li> <li>• Alcohol, drugs and psychosis</li> <li>• Warning signs of developing psychosis</li> <li>• Crisis first aid for acute psychosis?</li> </ul>	<ul style="list-style-type: none"> <li>• Treatment &amp; resources for psychosis</li> <li>• Schizophrenia</li> <li>• Bipolar disorder</li> <li>• Recovery and building resources</li> <li>• Action planning for using MHFA</li> </ul>
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## Recent Testimonials

- Everything about the MHFA was amazing and the trainer was fantastic!
- Our trainer was amazing. Her passion and enthusiasm for mental health was clear to see which meant everybody engaged and contributed for both days. I have to say that I left feeling so proud to be a MHFA
- Thoroughly enjoyed the course, so so interesting and informative! A subject I am very passionate about and would you believe it, I have had my first conversation with a colleague today who is struggling, so thank you for giving me the tools!
- Great course – thank you! Lots to digest. For such a heavy topic, the training was delivered with humour and matter of factness, which I really appreciated

## Cost

The rate per person is £280.00. We do not charge VAT. This includes training and support by our superb and experienced accredited MHFA Trainer, Jane Cattermole, a MHFA England Manual and Online Workbook with support card, and having attended all the sessions and completed all the self-learning by Session 4 with the Instructor, an e-certificate from Mental Health First Aid England saying that you are now a Mental Health First Aider.



**CALL TO ACTION:**  
**For more information and to book one place or more:**

Call Judy or Donna on **01737 772 126**

Email: **[judycorney@mindingyourbusiness.org.uk](mailto:judycorney@mindingyourbusiness.org.uk)**

and **[donna@esrasurrey.co.uk](mailto:donna@esrasurrey.co.uk)**

All profits from courses run by MYB go to the charity, ESRA Limited, enabling them to continue working to support clients experiencing mental health difficulties (including stress), to retain or return to employment.

**Address: ESRA & MYB, Ground Floor, 1-3 Linkfield Corner, Redhill, Surrey RH1 1BL**

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