Adult Mental Health Champion

Training Course Information

What is Mental Health First Aid?

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

MHFA course won’t teach you to be a therapist, but just like physical first aid, they will teach you to listen, reassure and respond, even in a crisis.

Adult MHFA courses are for everyone aged 16 upwards. Every MHFA course is delivered by a quality assured instructor who has attended the MHFA England Instructor Training programme accredited by the Royal Society for Public Health, and is trained to keep people safe and supported while they learn.

Work-Related Stress, Depression and Anxiety - THE FACTS

<table>
<thead>
<tr>
<th>Statistic</th>
<th>Description</th>
<th>Change 2018/19</th>
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<tbody>
<tr>
<td>828,000</td>
<td>Workers suffering from work-related stress, depression or anxiety (new or long-standing in 2019/20)</td>
<td>602,000</td>
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<tr>
<td>347,000</td>
<td>Workers suffering from a new case of work-related stress, depression or anxiety in 2019/20</td>
<td>246,000</td>
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<td>17.9 million</td>
<td>Working days lost due to work-related stress, depression or anxiety in 2019/20</td>
<td>12.8 million</td>
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Source: HSE - Health and safety at work summary statistics for Great Britain 2019 and 2020

Is Mental Health training a legal requirement?

The Health and Safety Executive states: “You should consider ways to manage mental ill health in your workplace which are appropriate for your business, such as providing information or training for managers and employees, employing occupational health professionals, appointing mental health trained first aiders and implementing employee support programmes.”

Employers need to treat mental health in a similar way to physical health and workplace first aid requirements.

There is existing guidance and regulations around stress in the workplace. For example, HSE guidance for stress in the workplace states that employers have a legal duty to protect employees from stress at work by doing a risk assessment and acting on it. This can also reduce the incidence and negative impact of mental ill health.

How will attending an MHFA England course help?

Research and evaluation show that taking part in an MHFA course:

✓ Raises awareness and mental health literacy
✓ Reduces stigma around mental ill health
✓ Boosts knowledge and confidence in dealing with mental health issues
✓ Promotes early intervention which enables recovery

Why train with Umbrella Health and Safety?

Our mission is to provide relevant and cost-effective health and safety training to organisations from all industry sectors.

Our instructors are independent MHFA England Accredited Instructor Members approved to deliver the MHFA England Adult Mental Health First Aid, Champion, Aware and Refresher courses (open, in-house and online delivery options).

“Excellent course, very open and candid with valuable discussion”

“Extremely enlightening and real, everyone should be encouraged to do this”

“Excellent delivery, easy to follow and a very welcoming atmosphere - thank you very much!”
Course Information

Course description
This one-day course trains delegates to be Mental Health First Aid Champions.
The course will teach you to:
▪ Recognise the main signs and symptoms of common mental health issues
▪ Provide initial support
▪ Guide a person towards appropriate professional help
▪ Be mindful of your own wellbeing
▪ Develop an understanding of how you can create and maintain a healthier workforce or community

Who should attend?
This course is suitable for those who want to gain a greater awareness of mental health, to detect early symptoms of some mental health illnesses and the skills to support their own and others’ positive wellbeing.

Please be aware that this course focuses on employees in the workplace and covers subjects that some people may find distressing, including suicide and self-harm.

Adult MHFA England courses are for everyone aged 16 upwards, and this course is limited to a maximum of 16 delegates.

Course duration
Classroom - one day (09:00 to 17:00)
Online - two half-day sessions (am or pm)

Course delivery options
✓ In-house
✓ Online
✓ Classroom

Training materials provided
Delegates are provided with a manual, workbook, action card and lanyard for use during the course and to keep for future reference.

Topics covered
▪ About mental health and stress in the workplace
▪ Action planning for using mental health first aid
▪ Alcohol, drugs and mental health
▪ Anxiety disorders
▪ Applying the Mental Health First Aid action plan
▪ Building a mentally healthy workplace
▪ Depression
▪ Early warning signs of mental ill health
▪ Other mental health issues (eating disorders, self-harm, psychosis)
▪ Recovery
▪ Stigma and discrimination
▪ Suicide

Assessment
There is no formal assessment but delegates must complete all sections of the course.

Certification
Upon completion of this COVID-secure one-day course you will receive a Mental Health First Aid Champion certificate from MHFA England. It is recommended that delegates who complete this course should attend a Mental Health First Aid refresher course every 3 years, to keep their skills up-to-date.

Open course cost per delegate (see website for open course dates)
£150.00 + VAT

In-house (online) course costs
POA
During these difficult times where the country is facing a mental health crisis and businesses need all the support they can get, we are delighted to offer three places for the price of two on all of our 2021/22 open MHFA courses (online and classroom). To take advantage of this special offer please contact us directly at admin@uhas.co.uk

Umbrella Health and Safety are proud to be supporting the UK Armed Forces Community by giving a 25% discount on all 2021/22 open MHFA England classroom and online training courses for Defence Privilege Card holders. If you are a cardholder, you can retrieve your code by logging into your Defence Discount Service online account and visiting our company listing.

Other Mental Health Courses

2-DAY MENTAL HEALTH FIRST AID
Become a certified Mental Health First Aider and get a deep understanding of what mental health is and what factors can affect wellbeing. The course teaches delegates practical skills to spot the signs of mental illness and gives them the confidence to step in and support a person who needs assistance.

Who is it for?
This course is suitable for people with good interpersonal skills who would like to support colleagues facing mental health issues, and improve understanding and attitudes towards mental health in the workplace.

HALF-DAY MENTAL HEALTH AWARE
This half-day course is an introductory four-hour session to raise awareness of mental health. Delegates will gain an understanding of what mental health is and how to challenge stigma. The course gives delegates a basic knowledge of common mental health issues and teaches them how to look after their own mental health and wellbeing.

Who is it for?
This course is suitable for those looking to understand and improve their knowledge and confidence about mental health and to learn the skills to support their own and others’ positive wellbeing in the workplace.

HALF-DAY MHFA REFRESHER
The four-hour MHFA Refresher course will support your Mental Health First Aiders and MHFA Champions by:
• Renewing their skills
• Updating their knowledge of mental health supports
• Giving them the chance to practice applying the Mental Health First Aid action plan

Who is it for?
This course is suitable for qualified Mental Health First Aiders and Champions who have attended a training course within the past three years. The course will help to ensure they continue to perform their role safely and effectively.

Other Mental Health Courses

We offer open, online and in-house course options, with delivery at client premises or other suitable locations throughout England.

To learn more about our MHFA England Mental Health courses, or to make a booking:

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uhas.co.uk