

Stress in the workplace



1 in 6 employees will experience **depression, anxiety** or **issues relating to stress**

Would you know how to help?

We all have mental health, just as we all have physical health. Mental ill health can strike at any time and can affect people from all walks of life.

Although things are improving, stigma still exists around mental ill health. As a society, we don't tend to know how to take care of our mental health like we do our physical health. This means that people may not know how to support a friend, family member or colleague experiencing a mental health issue, or where to go for support with their own mental health.

Become a Mental Health First Aider

Mental Health First Aid (MHFA) is a training course which teaches people how to identify, understand and help someone who may be experiencing a mental health issue.

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

You'll learn to recognise warning signs of mental ill health, and develop the skills and confidence to approach and support someone while keeping yourself safe.

You'll also learn how to empower someone to access the support they might need for recovery or successful management of symptoms. This could include self-help books or websites, accessing therapy services through their GP, their school or place of work, online self-referral, support groups, and more.

What's more, you'll gain an understanding of how to support positive wellbeing and tackle stigma in the world around you.

Our Adult MHFA Two Day course qualifies you as a Mental Health First Aider.

Mental Health First Aiders have

- An in depth understanding of mental health and the factors that can affect wellbeing
- 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 that's self-help resources, through their employer, the NHS, or a mix

What to expect

We limit numbers to 16 people per course so that the instructors can keep people safe and supported while they learn.

You will get an MHFA manual to keep and refer to whenever you need it. When you complete the two days you'll get a certificate to say you are a Mental Health First Aider.

Cost

This course is valued at **£300 per person**. However, as part of North Kent Mind's mental health initiatives we are able, on this instance to offer the course at a very reduced rate of £120 per person for the 2 days

Monday 4th & Tuesday 5th June 2018 - Venue: Bluewater, Greenhithe, Kent.

£120 Tea/Coffee is provided, but not lunch.

Tuesday 24th & Wednesday 25th July 2018 - Venue: Bluewater, Greenhithe, Kent.

£120 Tea/Coffee is provided, but not lunch.

Booking enquiries

Contact: sharonbrine@northkentmind.co.uk

