



mental health first aid Armed Forces
In depth training for the whole community



**Supporting the whole
Armed Forces Community**

What is Armed Forces Mental Health First Aid?

Armed Forces Mental Health First Aid (MHFA) is based on an internationally recognised two day 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. This course has been specifically designed to meet the needs of the whole Armed Forces community.

The training can be attended by anyone who works, lives or interacts with people within the Armed Forces community. This could be serving personnel, veterans, friends or family. Everyone on the course is taught a set of skills which enable them to support someone experiencing a mental health issue.

Each and every Armed Forces MHFA course is delivered by a quality assured instructor, who has attended the seven day instructor training programme.

What will I learn on a two day Armed Forces MHFA course?

Our Armed Forces MHFA instructors deliver training that has been designed to fit into four manageable chunks.

These are:

- _What is mental health?
- _Suicide and depression
- _Psychosis
- _Anxiety and post-traumatic stress disorder

Within each section there is clear focus on the issues faced by the people who make up the Armed Forces community. The sessions will be a mix of presentation, discussions and group work activities. Our instructors provide a very safe learning environment and are trained to support you throughout the whole course.

How will becoming an Armed Forces Mental Health First Aider help?

Research and evaluation shows 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
- _Encourages people to start a conversation with a person who may be experiencing a mental health issue
- _Promotes early intervention which enables recovery

Armed Forces MHFA won't teach you how to be a therapist, but as a trained Mental Health First Aider you will be equipped to support someone on a first aid basis.

For more information about Armed Forces MHFA training and consultancy please visit www.mhfaengland.org or to book onto a course contact:

