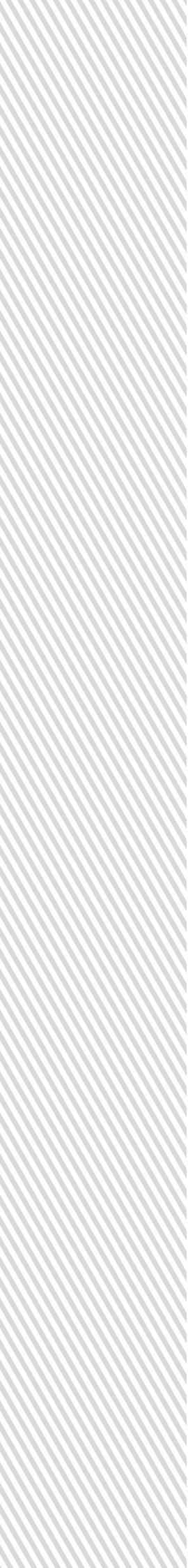




MHFA England Awards 2015

House of Lords



To find out more about MHFA England CIC, our courses or training to be an Instructor yourself, please contact us at:

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Welcome

Welcome to the MHFA England Awards 2015!

Today on Wednesday the 25th February we are joining together to celebrate the truly fantastic work being carried out by individuals and organisations to increase mental health literacy across England. We are delighted to be able to host our fifth MHFA Awards in the House of Lords.

This year our guests consist mainly of our award nominees and winners from a wide variety of sectors and backgrounds. We are also delighted to welcome friends of MHFA England, all of whom have supported us professionally and personally in this last year.

Today we will hear from our keynote speakers, Professor Lord Patel of Bradford OBE, MHFA England's Patron and Kevin Collins, Second Master of Bradfield College. Both speakers have a keen interest in mental health and I am very grateful for the time they have given today to share their individual perspectives.

Congratulations to all nominated. The work you do is inspiring and is what makes MHFA England such a growing force for good.

We hope that all our guests enjoy today's festivities and return home empowered to raise awareness of mental health, wherever and in whatever way they choose.



Poppy Jaman

CEO of Mental Health First Aid England

Organisations



Active Plus

Brian Tregunna



“Active Plus is a community interest company that trains and develops injured military veterans suffering from PTSD or physical injuries, with the aim of using our experiences and knowledge to help local people overcome their issues.

Our main customer group are the long term unemployed, people with medical barriers to work and older lonely isolated people. Many of this group have their own problems with mental health, however the knowledge that 95 percent of our injured veterans also have mental health issues helps to overcome barriers, create rapport and builds trust enabling us to deliver training and support.

Active Plus veterans in Somerset and Wiltshire participated in MHFA training - the aim was to help improve their own personal development, but we also found it has helped the veterans work as a team, support each other and has assisted greatly in improving the capacity of many of our customers, helping to overcome initial barriers, participate in activities and providing them with an environment where they can ask for help.”

Once We Were Soldiers Andy Spiers



"Once We Were Soldiers chose to use MHFA because a large percentage of our clients are suffering mental ill health due to their Armed Forces service. Since completing the course, we are more confident in communicating with clients regarding mental health, and we also have a better understanding of their illnesses and the support available to them. The skills learnt from MHFA are invaluable whilst dealing with clients' needs during the extremely traumatic experience of becoming homeless."

Defense Recovery Capability Richard Dorney

"Military staff working in the Defence Recovery Capability carry out an extremely challenging and important role in supporting our wounded, injured and Sick (WIS) personnel. They encounter all manner of injuries and illnesses including people suffering with mental health problems. The care that our WIS personnel receive from the Defence Medical Services is world class and proving MHFA training for those working in support of them has been a significant enhancement to staff confidence. MHFA has proved to be extremely popular and has undoubtedly had a positive effect. Having pioneered this in the Army Recovery Capability we are extending the programme to all Army welfare Officers."



Armed Forces NHS England Andy Bacon and Ann Touray



"The Ugandan People's Defence Force identified that they have some mental health issues from their long deployments peacekeeping in Somalia, and sought help from the UK. MHFA England were open to a new way of working with a new client population and adapted their military course to meet a very different set of needs in a very different culture and in a low resource setting. Their work in not only training staff but developing capacity has already had tangible benefits to those working on the front line in Mogadishu."

Expect Excellence Sue MacDonald



“At Expect we recognise that our staff team is our most valuable asset and as a consequence that it is important that we invest in them both professionally and personally. As a company providing support and care to adults living with enduring mental health issues it is extremely important that we give our staff information and tools to cater for their own psychological needs. It is only by our staff looking after their own mental health that they can provide a good service to others. The MHFA Lite course has proved a great introduction to looking at some mental health conditions but more importantly in providing the opportunity for staff to take a look at their own mental health needs and furnishing them with advice and information to help improve their mental wellbeing and reduce stress.”

Buddah Therapies Tracy McMahon

“We appreciate that many of our clients who access the therapy treatments we offer were experiencing/diagnosed with physical and mental health conditions. The high quality care given to each client is vital, visibly witnessing people improve after a treatment underlines the natural and holistic approach to recovery using a variety of Eastern and Western therapies we use as part of a recovery plan. On occasion we have been concerned about clients expressing feelings of hopelessness and suicidal thoughts - MHFA England has given us the alertness and confidence to ask about these concerns and signpost appropriately.”



Edge Hill Students Union Ltd

Kayley Wilson

“Throughout 2014, the close partnership between Edge Hill Students’ Union (EHSU) and the University has delivered a comprehensive and concerted awareness-raising campaign which has included making the Time to Change Pledge in March, and marking World Mental Health Day by hosting a highly successful conference and a number of associated activities in October.

However, we wanted to do more than just ‘raise awareness’. We wanted to make sure that staff and students were equipped with the necessary skills to identify mental health issues at an early stage to prevent potential harm and ensure the correct support and guidance may be provided. Hence we decided to take part in MHFA and encourage as many of our own staff members, university staff members and students to take part in the training. We found the training very useful and informative, it gives practical solutions to potential scenarios. We plan to organise more MHFA training sessions this year for both students and staff members, we want to make sure that no one has to struggle alone.”



Rochdale Sixth Form College

Deborah Faulkner



“Our aim at Rochdale Sixth Form College is to ensure that all students can access the support required to achieve their full potential. We never underestimate the impact a student’s mental health and wellbeing can have on their academic performance. We want students to feel comfortable talking to staff, parents and their peers about these issues and the more we can do to highlight Mental Health the better prepared our students will be in coping with life beyond A Level study.

We have embedded themes of ‘Mental Wellbeing’ and ‘Resilience’ into our tutorials and have a team of teachers now qualified in MHFA to deliver this.

Not content with raising awareness through classroom delivery alone, we have had a Staff v Student bike race to raise money for Rochdale Mind, our first cohort of students are completing the Youth MHFA course in March and we are running a Mindfulness course as part of our enrichment offer. In May a team of Staff and Students will be running the Manchester 10km to raise awareness of Mental Health and to raise money for the charity Mind.”

Fit UK Alan Reddin



"FIT UK is a national training provider who specialise in health and fitness qualifications. Over the past four years of trading FIT UK have delivered a variety of courses from Fitness instructing to Personal training. We have delivered many of these courses to different members of the public. We deliver to school leavers, NEETs, unemployed, probation services, university students, apprenticeships, traineeships within the active leisure sector all the way up to elite athletes. Through our experiences we have come across many areas where our staff are having to deal with individuals or groups who are showing early signs of mental ill health or have been diagnosed with some form of mental health condition. FIT UK see this as a duty of care to our staff and all our customers who attend any of our courses that we can support and recognise the issues behind poor mental Health especially within the active leisure sector. Therefore we have been proactive in registering our senior staff and tutor team to become MHFA qualified. We have also partnered up with Everton in the Community health and well-being department to increase awareness and use physical activity and education in a way that helps stimulate individuals in a positive way.

FIT UK are now an approved centre to deliver a level 4 qualification in mental health and Physical Activity. We are working closely with Everton in the community to get other professionals such as NHS GP Referral staff to gain this qualification alongside the MHFA certificate. This would help support, upskill those who are dealing with members of the public on a day to day basis so that they can gain further knowledge, understanding and identify basic signs and symptoms, as well having the confidence to approach individuals who need support and being able sign post them to the relevant support agencies.

The MHFA qualification is a fantastic starting point which gives you more knowledge and understanding about Mental Health and the stigma behind it."

Everton in the Community Johnnie Garsaide



"Everton in the Community in partnership with Mersey Care NHS Trust have been using Mental Health First Aid courses to appropriately train our delivery staff and mental health service users. We chose MHFA because we regard MHFA England as the gold standard and they treat their content as mandatory pre-requisites for staff engaging within this field as well as being hugely beneficial for members of our community groups to learn more about their illness. The benefits of using MHFA courses has been clear to see, with great feedback received from all in regards to the impact the training has had on levels of confidence, knowledge and most importantly understanding."

Aggregate Industries Joanne Davis



“As one of the leading suppliers of material and services for the construction and infrastructure industries, we pride ourselves on keeping our people safe, but, in the male-dominated world of quarrying, it can also be the less visible dangers that need to be addressed, and we saw mental health as one of those. Working with MHFA Instructor Dawn Collins, has been really positive and we get great feedback from our employees about how engaging she is on this very difficult subject matter. She is real, down to earth and our people get a lot from her courses. As we try to increase awareness and understanding of mental health in our business, the support from the MHFA England has been invaluable.”

The Pirbright Institution Julie Forster



“The Pirbright Institute is a world leading centre of excellence in research and development of virus diseases of farm animals and viruses that spread from animals to humans. The primary goal of the Institute is to contain, control and eliminate these economically and medically important diseases and therefore improve food safety and the quality of life for animals and people worldwide. This work requires working with pathogens that are mostly exotic to the United Kingdom and as such they require the highest levels of biological containment and security to ensure safety.”

Kent County Council Public Health Department Tim Woodhouse



"As part of Kent County Council's Live It Well strategy to improve the mental health of people in Kent, we have commissioned Sevoaks Area Mind to provide a rolling programme of MHFA training to individuals, voluntary sector organisations and private companies within Kent. The aim of these courses is to give everyone the knowledge and confidence to recognise signs of mental health problems, encourage someone to seek the right help, and to reduce the stigma around mental illness. In the first 3 months of the programme (Oct-Dec 2014) approximately 200 individuals completed either the Full or Youth MHFA courses with another 30 completing the Lite course. The delegates have come from a diverse range of organisations including Kent Police and a number of Kent businesses and charities. We look are looking forward to continuing working with Sevoaks Area Mind to ensure that we increase the awareness and reduce the stigma around mental illness."

Nottingham Trent University Alison Bromberg



"A team of five staff from Nottingham Trent University's Student Support Services has been nominated for a MHFA Organisation Award, nominated by Sharon Villa.

The team, made up of Sharon, Sarah Bustard, Diana Niemz, Robeena Ahmad, and Alison Bromberg, offers MHFA training to staff at Nottingham Trent University to support them to understand, recognise and support those students experiencing mental health difficulties."

Access Ability CIC Zoe Pickard



"Working collaboratively with MHFA England has given Access Ability the opportunity to work and be at the cutting edge of research with high quality evidence based training products. Our company has liaised with highly skilled like minded professionals increasing knowledge and awareness in of mental health in communities North West of England.

Our MHFA Instructors have worked tirelessly over the past two years to engage with our local communities. They have raised awareness and access to this invaluable ongoing life saving training. In the last 2 years we have delivered to over 300 individuals within the East Lancashire area and the feedback from these attendees has been extremely positive, which is a credit to the Instructors knowledge, enthusiasm and motivation."

Brookland Tennis Club

Oli Jones

"The reason that I have chosen to use MHFA in my business is primarily because I have experienced Bi Polar disorder myself for 12 years and I loved the idea of using MHFA as a vehicle to educate my tennis coaching team to help them understand my personal mental health issues and also to assist others within the Brooklands Tennis community. The knowledge that my coaching team received through MHFA has already helped some of our tennis community to seek help and support for a variety of mental health conditions. MHFA is absolutely superb and in 2015 I shall be campaigning for organisations to treat MHFA as equal to physical first aid."



Salix Homes
Judith Barker



"Salix Homes uses MHFA to increase awareness of mental health issues amongst our employees.

As a responsible landlord we see it as part of our duty to ensure our employees are appropriately trained and aware of mental health issues to make sure we are safeguarding the welfare of some of our most vulnerable tenants.

Mental illness affects one in four people, so here at Salix Homes we are keen to do all we can to raise our employees' awareness of mental health issues and promote positive wellbeing for both our workforce and for our tenants.

Thanks to the MHFA training programme our workforce now has a better understanding of mental illness and is equipped to recognise the signs on both a personal and professional level."

Stockport Homes Joanne Claridge



“At Stockport Homes we place significant importance on the wellbeing of our employees not just physically but psychologically too. Over the past number of years we have strengthened our approach by implementing the good practice framework Investors in People (IIP) Health and Wellbeing Award to enable us to review and evaluate the impact of our wellbeing activities linked to absence, retention and development. We introduced Mental Health First Aid to the organisation over a three year period to up skill staff not only in how to support our customers, but their colleagues and themselves too. Staff who have undertaken this inspirational course feel passionate about sharing their knowledge and supporting others therefore we have 28 representatives from different levels and service areas within the organisation who have volunteered to become MHFA Champions. MHFA Champions operate in a similar way to ‘First Aiders’ in that they have their picture and contact details on posters and on our intranet the ‘HOG’. MHFA Champions can be contacted by text, phone, email or at drop in sessions, they are also proactive in approaching individuals who they feel need extra support and in some instances act as a liaison between staff member and their manager. They also work closely with the OD Team to feedback themes, whilst protecting anonymity, so that wellbeing activities such as ‘mindfulness’ and ‘resilience’ are coordinated to address wider support needs.”

Biotechnology and Biological Sciences Research Council Jacqueline Hancock



“At BBSRC we are committed to becoming a Wellbeing organisation. We have funded MHFA training at both our Head Office in Swindon and our sponsored Research Institutes over a number of years. Addressing workplace mental wellbeing helps strengthen the positive, protective factors of employment, raises awareness of the issues, reduces any risk factors and improves general health. Our long term plan is to have a network of Mental Health First Aiders offering assistance, advice and support to anyone experiencing a mental health problem or returning to work after a period of absence due to mental health problems. The feedback we have on MHFA training we have received at BBSRC has been excellent, in terms of content, presentation and learning. Following the MHFA training, the ‘first aiders’ are able to identify the first signs of a mental health problem, feel confident to help someone experiencing a problem and are able to guide someone towards the right support.”

Keele University Deborah Boughey

“We were really drawn to MHFA because of the reputation it has gained across a range of sectors. Universities are complex organisations - what we wanted was some simplicity. The straightforward, common sense approach has proved invaluable in terms of bringing colleagues and services together. We are excited to see how far we can take this.”

Lend Lease Europe Ltd

Jenny Corsale



"We have huge pride in our industry, Property, Development and Construction, and we have made a massive contribution to our culture, communities and society and we will continue to do so. At Lend Lease our purpose is To Create the Best Places. To do that, we need the best people.

Over the past fifteen years, the UK industry has worked very hard on safety, achieving significant reduction in accidents and fatalities. We are beginning to make in-roads in occupational health. However, mental health is not at the top of the list when it comes to the routine conversations and discussions in daily life. Until recently.

As part of our Health & Wellbeing framework we have worked with MHFA to create a network of first aiders dedicated to tackling mental health issues across our business. By the end of February 2015, we will have trained more than 100 of our employees as Mental Health First Aiders so they are able to recognise and support those that may be suffering in silence, frightened of stigma and discrimination.

The benefit to our business is tangible as it means we are better able to recognise the signs that someone might be unwell so that we can guide them towards the right professional support. This is hugely important and positive, and we are aware that these are industry-leading first steps."

Wiltshire Public Health Department Karen Spence



“Wiltshire Public Health has been funding MHFA courses through accredited trainers since 2011. Mental Health First Aid Training is something that is really important to us and forms an important strand of the work we are doing with partners to improve the mental health and emotional wellbeing of Wiltshire residents. It will help us to meet the aims of both the national mental health strategy and our own draft mental health strategy which aims to create environments and communities that will keep people well across their lifetime.

To achieve this it is important to increase awareness amongst communities and people who may be coming into contact with those who are experiencing emotional or mental ill health. We want to reduce the stigma and help people to understand that mental health is everybody’s business.”

The Healthy Living Team St.Helens Gareth Twist

“The Healthy Living Team within St.Helens Public Health Dept aims to improve local people’s lives through health and being active, skills and education, and helping people to become independent and empowered.

When delivering our wide range of services we utilise mental health first aid in a multi-factoral approach. We assess the mental health of our patients using a standardised, evidenced based questionnaires to provide early detection for those who may not yet be aware they have any mental health problems. We also identify people suffering who may not yet have had access to services to help to manage their condition and also signpost or refer to the correct specialists for their specific needs to help to address mental health problems. For example, a client who had recently left the armed forces and was experiencing difficulties adapting was assessed and found to be suffering from mental health problems. This particular individual has now, as a result of our intervention using the Mental Health First Aid approach, been referred to the relevant mental health support services, has attended regular clinic appointments with a lifestyle advisor to discuss nutritional advice and has been offered the opportunity to engage within a weekly exercise class, in order to improve well being and combat the effects of mental health difficulties.

Mental health problems present more stigma attached to them than many other medical difficulties, with many people suffering, feeling like health professionals may not understand them. Mental Health First Aid provides a knowledge base to enable a professional to listen, build rapport and achieve agreed targets with patients. This is why we feel Mental Health First Aid is an essential, excellent tool to ensure that people who are suffering are treated with respect, without judgement and with full understanding of the difficulties that they may face on a day to day basis by the staff members of the Healthy Living Team.”

The Kaleidoscope Plus Group

Rachel Thompson

“At The Kaleidoscope Plus Group our vision is to promote and support positive health and wellbeing and we firmly believe Mental Health First Aid Training is integral to us achieving this.

We are delighted to be able to say we can deliver and offer this incredible training and we believe it is a real honour and privilege to have the MHFA logo on our website and marketing material.

We feel proud to have trained almost all of our workforce as well as a substantial amount of our volunteers and service users.

The organisation uses MHFA as an essential tool to engage people with conversations around mental health by using the shared language that it provides us. We endeavour to do this in as many creative and innovative ways as we can, with social media and a White Paper titled ‘Promoting positive mental health in the workplace’ just two examples.

The positive feedback following the courses we deliver is phenomenal, with individuals feeling empowered to take control of their own wellbeing and put in place positive strategies.

Many participants also share with us their experiences of using ALGEE post course as do our training team.

We recognise that this, along with the community connections we facilitate during delivery, enrich our community and allows an openness to speak, tackle and raise awareness of mental ill health while also promoting positive health and wellbeing. Our instructors deliver each course with quality and passion, and both they and the organisation are proud of our ongoing involvement with MHFA England and look forward to this continuing in the future.”

ABC

Imogen Smith



“We at Anorexia & Bulimia Care use MHFA because we believe training in mental health is key to reducing stigma and providing the best level of support for people struggling with mental health conditions. MHFA England’s training courses equip people with the knowledge and practical tools to respond appropriately and sensitively to a person in distress. Through MHFA England, a joined-up approach to mental health is made possible.”

Edge Hill University Dr Evelyn Carnegie

"I am delighted we have been nominated at the 2015 awards ceremony. We first began using MHFA with third-year students in the Department of Sport and Physical Activity just over 15 months ago as part of their academic studies and pastoral support with personal tutors. The universally positive feedback we received about the relevance and impact of the MHFA Standard course on students' personal and academic lives made the decision as Head of Department to roll out MHFA training to as many students (for free) as possible an easy one; such training is also now compulsory for all academic and support staff in the Department who have found the training extremely helpful in managing the mental health needs of students (especially those making the transition to university from college). The importance of adopting this student and staff-centred approach to workplace mental health training has led the Department to become a hub for connecting people across the University to undertake mental health awareness training, and this has rapidly been taken up by other academic and service departments as well as the Students' Union. To date over 500 people have been trained in MHFA and many more are registered to do this year so that the university continues to embrace the ways in which being mental health aware can impact positively on the lives of individuals and their communities."



Durham and Darlington Fire and Rescue Service Michelle Pike

"After recognising a rising trend in absence due to mental health related illness, the Service identified potential measures and interventions to tackle the issues. Mental Health First Aid (MHFA) was suggested to us by the Trades Union Council (TUC) and we chose it as it was an established, reputable organisation in the area of mental health. To date, we have trained 24 employees through the mental health first aid programme; this has broadened their knowledge of the key issues surrounding mental health and prepared them to provide additional support to colleagues. These trained mental health first aiders have also formed a working group to discuss ways to tackle the stigmas, taboos and misunderstandings surrounding mental health. The group also looks for solutions and proactive strategies, which can be adopted to provide employees across the Service with the help they need when required."

BBC

Fiona Ambrose



“Following the introduction of a dedicated BBC Health and Wellbeing Team in Dec 2013, we decided to introduce MHFA in 2014 in order to support our strategy on mental health and wellbeing and to build on the existing work taking place in this area (e.g. training for managers, post trauma support, resilience). We were keen to introduce something that could be used across the whole organisation and that would help us to raise awareness and assist BBC colleagues to support each other. MHFA offered a tried and tested, evidence based approach with credibility and we liked the simplicity as well. We have now run three courses which have all received excellent feedback and generated lots of enthusiasm around mental health at the BBC. More courses are planned this year to ensure we have good coverage across different locations. We are doing a lot of work to promote MHFA as an approach and to integrate it into the business rather than it just being a one off training course. We are keen to put mental health on a par with physical health at the BBC and MHFA supports us to do this.”

City of London School for Boys

Andrew McBroom



“City of London School’s primary motivation for developing a relationship with MHFA England was to provide high quality training for staff. We take pastoral care very seriously and have noticed the increased incidence of students suffering from mental ill-health. The Youth MHFA course, led by the brilliant Caroline Hounsell, has equipped a large number of staff with the knowledge and insight to confidently provide support for young people grappling with a range of issues. It really is a super course, balancing the theoretical and practical perfectly, and I would strongly recommend it to any school.”

The Project

Debbie Humberstone



“Using Youth MHFA to train all our staff and volunteers has helped to establish The Project as a well-respected and valued part of local mental health services, providing early intervention support to young people aged 13-24. In addition, being able to offer the training to the wider community – schools, community groups and organisations – has helped to equip local professionals with a better understanding of the issues affecting young people, and how best to support them. Youth MHFA has given The Project’s team the grounding and confidence to support our young people, and we continue to be impressed by the content and quality of the training.”

Bradfield College

Kevin Collins



“Bradfield College made a strategic decision some three years ago to increase the level of mental health training given to its 130 teaching staff. In conjunction with MHFA England, we offered a series of two-day courses which to date has seen over 70 of its full-time staff complete successfully the full Youth MHFA course. The benefits have been seen both in the standard of the pastoral care offered to the 800 boys and girls who attend the school, but also in the confidence and self-awareness of the teachers themselves. The course will continue to run until all staff have completed their training. The College intends to introduce training for its senior pupils in the next year.”

Severn Vale School

Jane Ireland



“Severn Vale has a well-established ethos of caring for its students and staff. Over the past ten years this has evolved from an implicit, unspoken approach to being kind, supportive and practical in ensuring that everyone in the school community is cared for. Over recent years however this has taken on a more explicit and focused approach.

Work on Well Being in more explicit terms began about five years ago through the CPD programme when Belinda Heaven, through GHLL and MHFA, delivered training and highlighted the need for awareness on staff well-being, managing stress, work/life balance and some small group sessions with staff who were experiencing more challenging well-being situations. Staff both appreciated the content and delivery of these. Indeed through this work there came the opportunity to work with the University of Bristol on their WISE (Well Being In Secondary Education) research programme led by Dr Judi Kidger. Out of the staff questionnaire there came the formation of the Peer Support group. This Peer Support group received intensive training on the MHFA course with Belinda Heaven – it was extremely well received and most supportive. It enabled the Peer Support group to feel a greater degree of confidence in signposting next step help for well-being or mental health issues. It has been used for a wide range of support – anything from tea and sympathy to emergency response to diagnosed depression or stress related “burn out” or “melt down”.

Also from this work arose the offer of MHFA training for staff in their support of students. Out of a possible cohort of 90 we now have 45 trained members of teaching, teaching assistant and support staff to work with students on MHFA. Staff gave up free time, in the first cohort, to undergo an intensive course. B Heaven was very responsive to the feedback which, whilst it valued the course highly, felt that much could be condensed to sympathetically support secondary school work load. The re-worked programme was delivered to a second cohort who were universally positive about the training.

We have also ensured that members of the Peer Support group have had access to further training by attending national conferences and local courses developing their skills. We are now at a point where we need to go to the next level in ensuring this is an even happier school.”

Spiritualized Anji Chant



“As a small charity based in the South Hams of rural Devon the well being of the young people (who we came into contact with) each week is so important to us that we have trained 50 percent of our volunteer staff in YMHFA. The MHFA training has equipped our volunteers with the skills they need to support young people whilst waiting for referral appointments to professional services which are so often overstretched.

Our trained YMHFAiders are now available at EVERY session we run, including schools work, street based work and our drop-ins and are able to identify the early signs of a mental health problem and feel confident to offer the appropriate support. This early intervention can help protect a young person who may be at risk of harm and promote a quicker recovery.

Our charity also holds the YMHFA Quality Mark which gives our work ‘added value’ and assures the community that we take young people’s mental health and well being seriously. It also helps the community with recognising our organisation as a point of contact for signposting into services, to advise any adult who has concerns about a young person, or assist any young person who is experiencing mental health distress.

It is essential to us as a charity that our volunteers are equipped with the correct tools to carry out their work effectively and are valued and acknowledged for their efforts to ensure high standards within our organisation, Youth Mental Health First Aid training has provided all this and more.”

Saffron Walden County High School Beth Robertson

“Youth Mental Health First Aid training at the SWCHS has made a huge difference to how we support our students from Years 7 through to 13. The training offered a really accessible template for our pastoral staff and we have been able to further cascade the training to other staff throughout the school as a whole. The training enabled staff to sign post to other agencies, it helped us to recognise and support students, parents and staff with mental health concerns. MHFA England gave us a really good ‘toolbox’ with a variety of tools for different situations. MHFA training helped reduce anxiety that our staff sometimes felt when trying to support students; it de-mystified certain ideas we may have had and really brought to our attention how common and unaddressed mental health concerns can be. As a result our staff are much more able to contain their own and student anxiety resulting in many more positive supportive experiences for our students. MHFA England offers staff safe secure and structured strategies that we are able to offer consistently no matter what the student’s difficulties are. MHFA is fantastic!”

Individuals



Lucy Mann

“The MHFA Armed Forces course helps the wider community to gain more understanding about military culture and the experiences of those who have served in the Armed Forces. We can all be part of supporting people to get help earlier, and this can prevent people’s mental health from getting worse. What makes this course so unique for me is that whether you are working with veterans or current serving personnel, it gives you a framework, boundaries and useful resources.”



Chris Morgan



“I was an original member of the MHFA National Training Team in 2007, when we took the Scottish MHFA course and adapted it for use in England. I was also one of the two founding working Directors of the MHFA Community Interest Company in 2009, when Poppy Jaman and I took MHFA out from the NHS and established it as an independent social enterprise.

I think MHFA is a great tool for challenging stigma and discrimination, educating the general public, and reducing fear and ignorance. I am proud to be associated closely with its introduction to England and its successful development.

In England I have trained over 140 MHFA instructors, as well as delivering many MHFA courses to a wide range of audiences.

In January 2014 I went to Uganda with MHFA England colleagues and delivered the first two Mental Health Fitness Course courses there to members of the Ugandan Peoples Defence Force.

I am approved as a Standard, Armed Forces, Youth, and Life Instructor.”

Lt Col Richard Dorney

“Since qualifying as an Armed Forces MHFA instructor I have been able to improve the awareness and knowledge of mental health issues among many Armed Forces personnel. I have worked in the mental health management and awareness space for many years and being able to deliver this generic training has improved my own knowledge and has enabled me to help many others. I think this training, together with several other MOD initiatives already underway will do a great deal to further reduce the stigma of mental health in the Armed Forces.”



Julie Field



"I am employed by Restore which is an Oxfordshire based mental health recovery charity to deliver the Mental Health First Aid training.

I feel very passionate about making a difference on how mental health conditions are perceived and MHFA helps me to do this. It really tackles the stigma and discrimination around mental health which is something I feel strongly about. While increasing mental health literacy, it enables others to spot the signs and symptoms of mental health problems and have the confidence to provide the initial help.

I believe my personal experiences of mental health problems and my own journey of recovery are a valuable resource and a huge contribution to the course. This also reinforces the message that mental health recovery is both possible and likely with the appropriate help."

Sharon Watts

"Training across the country has been challenging - but exciting - seeing the impact on deaf people as they understand the information is inspirational, and hearing how the stigma of mental health is starting to be challenged as a result, motivates me ever onward! It is just the beginning of our journey, as more needs to be done; funding for Deaf friendly signed videos and easy read manuals... but MHFA England have been fantastically supportive in allowing us adapt some of the MHFA PowerPoints as a trial (Thank you!)"

Hazel Sawyers



"I deliver MHFA courses because they really are great courses that make a significant positive impact on learners. The concepts are easy to grasp and ALGEE is a memorable action plan for offering support and assistance to anyone experiencing mental health problems. It's not unusual, to hear accounts on the second day of the course from learners who have already started using MHFA."

Susan Craney



"Having done the MHFA course I was really impressed with both the content and how simple & practical the information was! At the end, Roger Hewitt of the British Society for Mental Health and deafness told us that there was only one deaf trainer in England! BSMHD as an organisation are passionate about deaf people understanding, and improving their mental health, reducing stigma and improving access to appropriate support. So he concluded, there was a great need for more deaf trainers! Having secured limited funding towards this and some courses, he was looking for people committed to this- and so my MHFA journey began!"

Clare Pinchess

"I chose to undertake the MHFA instructor training for a number of reasons. Primarily, I believe the course offers huge benefits to both staff and students in a Higher Education context. It provides a comprehensive and proven structure of training and support that is an invaluable part of the process of managing mental health issues in this sector. Professionally, the instructor course has helped me to build on pre-existing skills in training and development, and to combine these with my passion for educating wider audiences about how to successfully intervene in a confident way with students and staff in distress. Loughborough University is committed to the provision of a fully inclusive university experience and as such, supported me wholeheartedly to undertake the training as a means of helping to achieve this. The training package has been very well received by all who have undertaken it and there is a growing demand at the University for this level of knowledge when dealing with issues around mental health and distress. Personally, the instructor course has been excellent for me, as it has allowed me the opportunity to engage in two things that I am very passionate about, training and education and a commitment to raising mental health awareness and reducing stigma. I hope to go from strength to strength with increasing Loughborough university's profile and commitment to mental health awareness and continue to build on this within the voluntary sector and in education."

Jon Bartlett



"I chose to qualify as an MHFA Instructor as a way to bring my lived experience in to organisations. So often the debate around Mental Health is dominated by clinicians and academics and I wanted to bring a different voice to the discussion. The voice of someone who has a severe and enduring condition but has also worked in senior and responsible positions. I really like how MHFA is so practical and doesn't shy away from difficult diagnoses such as hearing voices and psychosis. I've now delivered the course across a variety of organisations / industries and the response is always overwhelmingly positive. I regularly get emails from delegates telling me how their confidence has grown and how they have made a difference to the lives of friends, family and colleagues."

Pip Cartwright

"As an MHF Aider, Standard Instructor and now a full time member of the Central Team, MHFA England is a hugely significant part of my life. It is my passion to see individuals empowered, stigma, myths and fears challenged and hope restored. Knowing that MHFA can influence an individual to take notice of their own wellbeing and ultimately help save another's life is why I love it, along with being part of the animated, dynamic and dedicated community that MHFA brings together, working for the good of the Nation."



Liz Pierpoint

"Mental Health First Aid is intrinsic to my role at Restore, an Oxfordshire based mental health recovery charity. I am passionate about making a difference to how mental health conditions are perceived in and by society. Mental Health First Aid is an excellent way to address this issue and tackle the pervading stigma and discrimination surrounding mental health conditions. By sharing aspects of my own lived experience it benefits me on a personal level and helps enable those attending the training to gain a deeper understanding of mental health. It is so important we get across the message that recovery from mental illness is possible and that living with a mental health condition need not be a barrier to living a fulfilling, rewarding and successful life."



Kirsty Leatherbarrow



"We all have times in life which may be difficult and uncertain. Having someone to support and reassure during these times can make all the difference. I am dedicated to reducing the stigma and discrimination which often surrounds individuals experiencing distress and can get in the way of them reaching out for help. MHFA courses are an engaging and informative way of increasing the skills, knowledge and competency of individuals, especially within the workplace. The courses enable people to support someone who is experiencing mental health difficulties, improve mental wellbeing and challenge damaging and outdated stereotypes. We need to continue to work towards the development of more compassionate and mindful workplaces and I feel extremely fortunate to be part of this movement."

Simon Richardson



"I have delivered MHFA courses for the last four years. I absolutely love delivering these courses. The experience participants bring and their willingness to improve their knowledge and skills is a continuing inspiration (and a continuing learning experience for me). The course materials are excellent; pitched at such a level that, regardless of your level of experience you can gain something from the course and the participants that attend. I feel that come away from each course knowing that I have in some small way contributed to the greater understanding of mental health problems and helped reduce the stigma and discrimination faced by so many people. I feel proud to be associated with and affiliated to MHFA England and its mission."

Helen Young



"The best thing about facilitating mhfa (Youth, is seeing how the participants develop confidence in recognising and responding to emerging mental health issues. I am also always in awe of the fantastic work so many people are doing, often unrecognised and unrewarded. The mhfa programme is always well received and I continue to receive messages from participants about how useful it had been, long after they have attended the course."

Sharon Watts

"Training across the country has been challenging- but exciting- seeing the impact on deaf people as they understand the information is inspirational, and hearing how the stigma of mental health is starting to be challenged as a result, motivates me ever onward! It is just the beginning of our journey, as more needs to be done; funding for Deaf friendly signed videos and easy read manuals... but MHFA England have been fantastically supportive in allowing us adapt some of the MHFA PowerPoints as a trial (Thank you!)"

Helpful Resources

Anxiety UK

www.anxietyuk.org.uk
08444 775774 (Monday - Friday 9:30am – 5:30pm)

Anxiety UK work to relieve and support those living with anxiety disorders by providing information, support and understanding via an extensive range of services, including one-to-one therapy services.

ASIST (Applied Suicide Intervention Skills Training)

www.livingworks.net/programs/asist/
Applied Suicide Intervention Skills Training (ASIST) offers suicide first aid training such as intervention skills and suicide prevention network in the community.

beat (beating eating disorders)

www.b-eat.co.uk
Helpline: 0845 6341414 (Monday to Wednesday 12 noon to 8.30pm, Thursday and Friday 12 noon to 5pm)
Youth line: 0845 6347650 (as above)
beat is the working name of the Eating Disorders Association. This website provides information on all aspects of eating disorders, including anorexia nervosa, bulimia nervosa, binge eating disorders. and other related eating disorders.

Bipolar UK

www.bipolaruk.org.uk
0207 7931 6480 (Monday-Friday, 9.30-4.30)
Bipolar UK is a user-led charity working to enable people affected by bipolar disorder (manic depression) to take control of their lives. The organisation provides support and advice for people with manic depression, their families and carers.

CALM (Campaign Against Living Miserably)

www.thecalmzone.net
0800 585858 (Saturday-Tuesday, 5pm-midnight)

CALM exist to prevent male suicide in the UK.

CBT Online

www.moodgym.anu.edu.au
CBT Online is an interactive site that teaches people to use ways of thinking that will help using cognitive-behavioural therapy (CBT).

Centre for Mental Health

www.centreformentalhealth.org.uk

Cruse – Bereavement Care

www.crusebereavementcare.org.uk
helpline@cruse.org.uk
0844 4779400

Department of Health

www.dh.gov.uk
The aim of the Department of Health (DH) is to improve the health and well-being of people in England. This site provides health and social care policy and guidance publications and statistics.

Depression Alliance

www.depressionalliance.org
information@depressionalliance.org
0845 1232320
Depression Alliance provide information and support to people with depression and their carers; also lists details of local self-help groups.

Destigmatize

destigmatize.anxietyuk.org.uk
0870 1222325
An organization working with Anxiety UK which aims to provide information and support for sufferers of anxiety disorders mainly, but not exclusively, in the Asian population.

FRANK

www.talktofrank.com
Helpline: 0800 776600
Text: 82111
Frank is the Government's national drug

awareness campaign. It targets young people, their parents and professionals working with them.

Hearing Voices Network

www.hearing-voices.org

nhvn@hotmail.co.uk

Information: 0114 2718120 (Monday to Friday, 10am-4pm)

Hearing Voices Network consists of 130 self-help groups in England and Scotland. These groups help voice-hearers through discussion of the experience of voice-hearing. HVN is also there to help carers and to support and advise voice-hearers.

Mental Health Foundation

www.mentalhealth.org.uk

Mind

www.mind.org.uk

contact@mind.org.uk/info@mind.org.uk

Information: 0300 123 3393 (Monday to Friday, 9am-5pm)

National mental health charity, which offers an excellent range of materials on all aspects of depression and manic depression. It also lists details of local Mind Associations.

No Panic

www.nopanic.org.uk

Helpline: 0800 138 8889

No Panic is a charity whose aims are to aid the relief and rehabilitation of those people suffering from panic attacks, phobias, obsessive compulsive disorders and other related anxiety disorders.

OCD Action

www.ocdaction.org.uk

Helpline: 0845 3906232

OCD Action is a charity for people of all ages with obsessive compulsive disorders. Provides information and support, promoting recovery from OCD and the related disorders of body dysmorphic disorder, compulsive skin picking and trichotillomania (hair pulling).

PAPYRUS – Prevention of Young Suicide

www.papyrus-uk.org

Helpline: HOPELineUK 0800 0684141

(Monday-Friday, 10am-5pm and 7pm-10pm, Weekends 2pm-5pm)

UK resources and support for those dealing with suicide, depression or emotional distress – particularly teenagers and young adults.

Rethink

www.rethink.org

info@rethink.org

Information and advice: 0300 5000 927 (Monday-Friday 10am-2pm)

Rethink is a campaigning membership charity working with people with severe mental illness, their carers, families and friends through a network of mutual support groups around the country. The organisation provides services, information and support and believes that all those who experience severe mental illness are entitled to be treated with respect and as equal citizens.

SANE

www.sane.org.uk

Helpline: 0845 7678000

SANE is one of the UK's leading charities concerned with improving the lives of everyone affected by mental illness. It has a helpline which offers support and information to callers throughout the UK. The site offers extensive literature on subjects including schizophrenia, depression and therapies.

A national out-of-hours helpline which provides support and information to anyone coping with mental illness.

Opening hours: 6pm to 11pm every day, including Christmas day and all public holidays.

Samaritans

www.samaritans.org

Helpline: 08457 909090 (24 hours a day)

Samaritans provides confidential non-judgemental emotional support, 24 hours

a day for people who are experiencing feelings of distress or despair, including those which could lead to suicide.

www.selfharm.net

This website offers information about self-harm, the causes and diagnosis, self-help strategies, living with self-harm and many other resources. It also strongly advocates that there is 'no shame' in self-harming.

Survivors of Bereavement by Suicide

www.uk-sobs.org.uk

Helpline: 0844 5616855 (9am to 9pm every day)

Survivors of Bereavement by Suicide is a self-help organisation which exists to meet the needs and break the isolation of those bereaved by the suicide of a close relative or friend. Many of their volunteers have themselves been bereaved by suicide.

UK Psychological Trauma Society

www.ukpts.co.uk

This organisation provides knowledge and information of the effects of traumatic events, and effective interventions and treatments. It provides links to a selection of materials and other relevant organisations such as the UK Trauma Group.

Young Minds

www.youngminds.org.uk

Parents' Information Service: 0808 8025544 (Monday-Friday, 9.30am-4pm)

YoungMinds is the national charity committed to improving the mental health of all children and young people. They aim to raise awareness, meet the needs of parents, provide information, provide consultancy and training and influence decision making.

The parents' information service provides information and advice for any adult with concerns about the mental health of a child or young person.

Finding a therapist

The following organisations have national lists of therapists:

British Association for Behavioural and Cognitive Therapists

www.babcp.com

babcp@babcp.com

0161 7054304

Nationwide listings of cognitive behavioural therapists.

British Association for Counselling and Psychotherapy

www.bacp.co.uk

bacp@bacp.co.uk

01455 883300

Nationwide listings of counsellors and psychotherapists.

The British Psychological Society

www.bps.org.uk

enquiries@bps.org

0116 254 9568

Nationwide listings of psychologists.

Self-help groups

Elefriends

www.elefriends.org.uk

Free online self-help community run by Mind providing 'a safe place to listen, share and be heard'



Thank you for attending Reflections: A Picture of Mental Health
You can also follow us on Twitter: @MHFAEngland

MHFA England CIC, 49-51 East Rd, London. N1 6AH
www.mhfaengland.org