

Mind in West Essex is working in your community to support people on their journey towards recovery from mental ill health.

We aim to achieve this by providing a range of community based services throughout West Essex.

Mind in West Essex is a registered charity (Registered Charity No. 1091154; Company No. 4369554), affiliated to the national charity Mind.

How to find out more:

If you would like to learn more about MHFA, arrange a bespoke course for your group, or book a place on one of our pre-arranged courses contact details are:

Call: **01279 421 308**

Or email:

mhfa@mindinwestessex.org.uk

Or write to:

**MHFA @ Mind in West Essex,
10-11 Corner House,
Bush Fair,
Harlow,
Essex CM18 6NZ**

You can follow **Mind_West_Essex** on:



and



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Mental Health First

Aid training with

Mind in West Essex



MHFA England

Available Courses:

MHFA Adult
MHFA Lite
MHFA Youth
MHFA Youth Lite
MHFA Schools and Colleges

What is a mental health problem?

Many people experience mental ill health at some time; difficulties such as stress, anxiety, depression and the effects of substance misuse can affect someone's ability to get on with their daily life.

How can MHFA help?

Early intervention can help stop or slow down a mental health problem and lead to a faster recovery; however most of us know very little about mental health. We often don't spot the signs that someone else – or ourselves are struggling until very late. An MHFA course will teach you to recognise the early signs of a mental health problem, and give you the confidence and knowledge to help.

What will I learn on an MHFA course?

An MHFA course will teach you to:

- Spot the early signs of a mental health problem
- Feel confident helping someone who is experiencing a problem
- Provide help on a first aid basis
- Help prevent someone hurting themselves or others
- Help stop a mental illness from getting worse
- Help someone recover faster
- Guide someone towards the right support
- Reduce the stigma of mental health problems.

Who can take part?

Participants on MHFA courses come from a wide range of backgrounds, from family members wanting to gain more understanding of what a relative is going through, to employers, and to people who are likely to come into contact with those at risk of mental health problems, such as police, ambulance staff or community workers. Teachers and youth workers can gain special benefit from the Youth MHFA course.

Why train with MHFA?

1 in 10 young people and 1 in 4 adults experience emotional and mental health problems. There is evidence that shows early intervention and signposting to the right support can make a huge difference to someone's recovery. MHFA is also active in tackling stigma and inequality in mental health.