Mental Health First Aid Training

Thank you so much for expressing interest in becoming Mental Health First Aid trained. At the Matt Palmer Trust (MPT) we support positive mental health through sport, fundraising, grants, and mental health first aid training.

Why Mental Health First Aid Training?
Having looked at all of the support available for people, in the UK and Ireland, we believe there is a big gap between when someone starts struggling with their mental health and when they are likely to get help. Our hope and belief are that in having as many people Mental Health First Aid trained as possible we can spot and support our friends, family, and colleagues by looking out for them and pointing them in the right direction should they ever need it.

What is Mental Health First Aid Training?
Mental Health First Aid (MHFA) is a training course that 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.

Course Detail
https://mhfaengland.org/individuals/adult/online-mental-health-first-aid/

What does it cost?
The Matt Palmer Trust will fully fund the cost of you taking the training. The MHFA value the training at £300 per person but we are fortunate to have the support of an amazing trainer, Sue Butterfield who provides us dedicated courses at a significantly reduced cost to the MPT. All we ask is that you do everything you can to make yourself available for the training and let us know as soon as possible if you cannot attend for any reason. We use all of the funds we receive to support mental health causes and want to make sure we don't waste a single penny.

What can I expect?
All of the training is conducted virtually so you will need access to a computer and an internet connection that is good enough for video calling. The MHFA provide a secure platform for the

classes that is a bit like Zoom but designed specifically to deliver the MHFA training. You will be in a group of up to 10 people, who like you are devoting their time and kindness to supporting others. There will be 4 sessions that last around 4 hours long, with a small amount of homework and reflection needed between each session.

When is the next session?
We fund a course for up to 10 people, roughly every 6 weeks. If you do not have the dates for the next course yet, these will be shared soon or will be published on the Matt Palmer Trust website.

If you cannot make the next course, or there is no longer any space, we would love to book you in as soon as there is space or put you on the waiting list.

What happens after the course?
You will become a qualified Mental Health First Aid Trainer with the skills and confidence to help. We would love to hear your thoughts and share your story (no pressure!) so please do let us know if you are comfortable being on our website, in our newsletter, or just generally share your experience to inspire others to also become trained. We hope that everyone goes back out into the world as a champion of the training and the MPT and encourage their workplaces to fund training. The more help available to those that need it the better!

Any other questions?
If you have any further questions, just email info@mattpalmertrust.org.uk and one of the volunteers will come back to you when we can. Thank you again for expressing an interest!