



UK Patient Care Ltd

[info@ukpatientcare.co.uk](mailto:info@ukpatientcare.co.uk) | 0113 873 0715 | [www.ukpatientcare.co.uk](http://www.ukpatientcare.co.uk)

Registered Address: Unit 15(2) C Part A, Bagley Lane, Farsley, Leeds, LS28 5LY

# Become a Mental Health First Aider

## Course Overview:

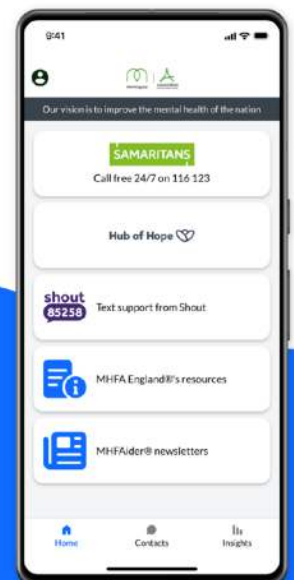
Our course is ideal for anyone who'd like to gain the knowledge and skills to spot the signs of someone experiencing poor mental health, be confident to start a conversation and signpost them to appropriate support.

MHFAiders® receive three years of certification and are invited to join the Association of Mental Health First Aiders® – England's first and only membership body for MHFAiders. As well as access to ongoing learning and expert support, members gain the benefits of being part of a national movement for better mental health.

## Learning Outcomes - As an MHFAider you'll be able to:

- Recognise those that may be experiencing poor mental health and provide them with first level support and early intervention
- Encourage a person to identify and access sources of professional help and other supports
- Practise active listening and empathy
- Have a conversation with improved mental health literacy around language and stigma
- Discuss the MHFAider role in depth, including boundaries and confidentiality
- Practise self-care
- Know how to use the MHFAider Support App®
- Know how to access a dedicated text service provided by Shout and ongoing learning opportunities with MHFA England

Designed to support  
MHFAiders on-the-go





## Course Format

- Online or face-to-face course structured across 2 days... covering 4 sessions.
- Learners will be led throughout the sessions with an MHFA England Instructor Member, covering 14 hours of content in total
- Learning takes place through a mix of instructor-led training, group discussions, individual and group activities
- Each session builds on the previous one, enabling the learner to gain confidence in supporting others with a Mental Health First Aid action plan
- We limit number to 16 people per course so that instructors can keep people safe and supported while they learn
- We strive for all of our learning content to be as accessible and inclusive as possible

## Course Benefits:

Investing in the MHFA course doesn't just benefit you. You're helping to create a healthier more supportive environment where everyone can thrive. Better understanding of mental health and less stigma ripples out into communities, with the potential to improve and save lives.

## Course Takeaways

Everyone who completes the course gets:

- A copy of the workbook to support their learning throughout the course
- A digital manual to refer whenever they need it
- A wallet-sized reference card

## Course Cost:

The cost per delegate to join the 2 day course is to be confirmed.

This includes the certification, books and materials.

2 x full day training

1 x instructor

1 x room required.

(Minimum 10 - Maximum 16) delegates per course

## Join the Association of the Mental Health First Aiders

Following the course, you'll be invited to join the Association of Mental Health First Aiders. This brings MHFAiders together in one diverse and inclusive community. Together they can ignite a new era of action and transform how we talk about and support mental health.

Members gain exclusive access to a wide range of resources and learning opportunities, to empower them to fulfil their roles with confidence, skill and care.



## This Includes:

- **The MHFAider Support App.** Access to features such as a 24/7 text support service, signposting to a national database of health services and insights that teach critical self-care skills.
- **Access to the MHFA England Online Learning Hub.** This includes resources such as course manuals and MHFAider guides
- **First-hand insights.** Learn from real people sharing their honest and lived experiences of mental health conditions.
- **Ongoing learning.** Invites to exclusive quarterly webinars to help MHFAiders carry out their role with confidence, skill and care
- **Monthly newsletters.** MHFAiders are kept up to date with all the latest news from our community.

## Customers:

- National Health Service (NHS) at the following locations:
  - Leeds - Conflict Management
  - Dudley Hospital – Conflict Management & Breakaway
  - Harrogate Hospital – Conflict Management, Breakaway & Restraint
  - Oxford Hospital – Conflict Management & Breakaway
  - Airedale Hospital – Conflict Management & Breakaway
  - Bradford Mental Health Trust – Breakaway
  - Fieldhead Hospital – Handcuffing, Emergency Response Belt (ERB), Emergency Response Cuffs (ERC) & Safety Pod
  - Pennine Care NHS Foundation Trust – Handcuffing & Personal Safety
  - Devon Partnership NHS Trust – Search Training
  - Midlands Partnership NHS Trust – Search Training
- Barton Moss Secure Care Centre – Incident Management Training & Physical Intervention
- Natwest Bank – Customer Service & Conflict Management
- Leeds University – Conflict Management & Physical Intervention
- Bradford University – Personal Safety & Breakaway
- Hanson School, Bradford – Personal Safety Training
- Castleton Primary School, Armley, Leeds – Manual Handling & Restraint
- Yorkshire Housing – Lone working & Personal Safety
- Wetherby Prison – Conflict Management, Breakaway & Restraint



- Holy Saviour Primary School, Lancashire – Manual Handling & Restraint
- West Yorkshire Police Custody Nurses – Conflict Management & Breakaway
- Omagh Council, Northern Ireland – Conflict Management
- Professional Security, Lincoln – Conflict Management & Customer Service
- Metro Bank – Personal Safety & Breakaway
- IMT Medical Transport – Restraint & Handcuffing
- Waste Investigation Support & Enforcement (WISE) – Environment Crime, Mental Health First Aid, Personal Safety & Breakaway
- Network Rail – Conflict Management, Breakaway & Body Worn Video
- Bradford Cathedral – Conflict Management, Breakaway & First Aid
- Bradford BID – Mental Health First Aid, First Aid, Personal Safety & Breakaway
- Birmingham BID – Policy writing, job description, Conflict Management & Breakaway
- Centurian Traffic Management – Mental Health First Aid
- Change, Grow, Live (CGL) – Personal Safety & Breakaway
- Humankind – Personal Safety & Breakaway
- Likewise Sheffield – Personal Safety & Breakaway

#### Further Information:

For any more information or discuss any part of this proposal please email [info@ukpatientcare.co.uk](mailto:info@ukpatientcare.co.uk) or call 0113 873 0715.

#### About UK Patient Care

At UK Patient Care, we believe that the well-being and safety of people is of the utmost importance. With our extensive range of services, highly trained staff, and commitment to excellence, we strive to exceed expectations and contribute to the overall enhancement of

