



Introduction to Havant and East Hants Mind and Mental Health First Aid

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Who we are

At HEH Mind we work to promote good mental health within our locality. We seek to support and empower people to lead a full life as part of their local community.

We are affiliated to National Mind, but importantly we are a separate charity.

We are one of the 130 different local Minds who all deliver services tailored to their local communities.

@HEH_Mind
easthantsmind.org



HEH Mind's Services

- Adult wellbeing
- Family wellbeing
- Children and young people wellbeing
- Advocacy
- Training and workplace wellbeing
- Volunteering



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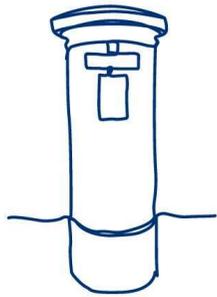
Our wellbeing service

- Every new client is individually assessed and a care plan developed to address their needs.
- Crisis support e.g. loss of benefits, threatened eviction, debt
- Issues, drugs and alcohol misuse, breach of statutory orders.
- 1-2-1 therapeutic and group interventions
- Symptom management
- Anger Management
- Anxiety Management
- Life skills
- Mindfulness
- Assertiveness
- Healthy relationships
- Support to return to work
- Support for Carers
- Peer support network facilitating - badminton, swimming table tennis, Tai chi, coffee mornings.
- Social groups, men's groups, art and more

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Contact us



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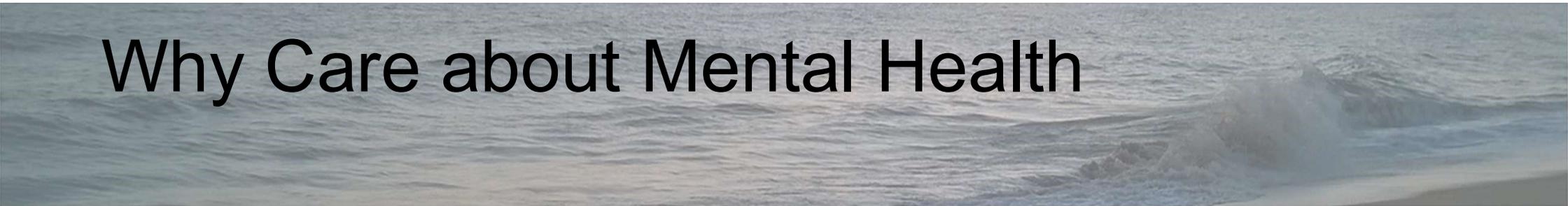
Who Is MHFA International

- MHFA training courses were first developed in Australia in 2000. In the years since, it has evolved into a global movement with licensed programmes in 25 countries and counting. Over 2.6 million people have been trained in MHFA skills worldwide. You can find out more about international MHFA programmes at mhfainternational.org.
 - MHFA came to England in 2007 and was launched under the Department of Health: National Institute of Mental Health in England (NIMHE) as part of a national approach to improving public mental health.
 - In 2009 we became a community interest company which allows us to be fully self-funded. We have since expanded our product range to offer tailored courses for supporting young people, students in higher education, people with learning disabilities, and the Armed Forces community, as well as the general adult population.
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What Is Mental Health First Aid

- Mental Health First Aid (MHFA) is an internationally recognised training course which teaches people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis.
 - MHFA won't teach you to be a therapist, but just like physical first aid, it will teach you to listen, reassure and respond, even in a crisis
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Why Care about Mental Health

- 1 in 4 people will suffer with a mental health illness in their lifetime.
- Unipolar depression, predicted to be the second leading cause of global disability burden by 2020, is twice as common in women
- In 2017, 5,821 suicides were recorded in Great Britain. Of these, 75% were male and 25% were female
- Suicide is the most common cause of death for men aged 20-49 years in England and Wales
- The high prevalence of sexual violence to which women are exposed and the correspondingly high rate of Post Traumatic Stress Disorder (PTSD) following such violence, renders women the largest single group of people affected by this disorder



Legal Case: Equality Act 2010; Health and Safety Act 1974
- Duty of Care

Business Case: Up to £42 billion cost to Employers in terms of absenteeism, presenteeism, and staff turnover

Moral Case: How do you want to be perceived?

A photograph of ocean waves breaking on a sandy beach, with the water in shades of blue and grey. The title text is overlaid on this image.

Why Have Mental Health First Aid

- Mental health issues are common
 - We discriminate against people with mental ill health
 - We are not well informed about mental health or mental ill health.
 - We may lack the insight to realise that we need help or that help is available
 - Professional help is not always on hand
 - The majority of us don't know how to respond
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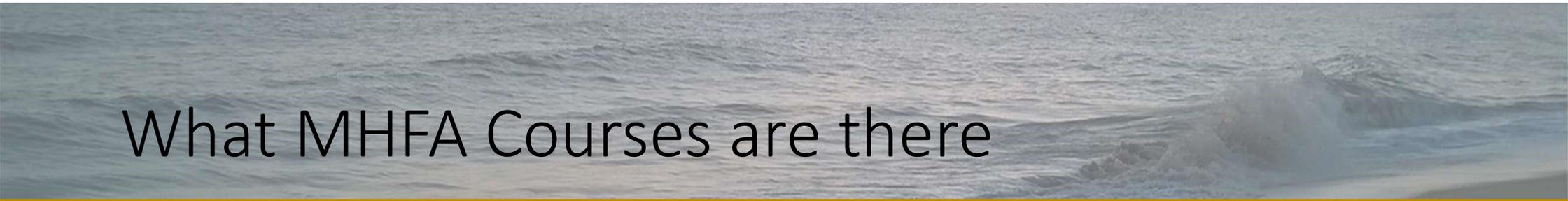


What MHFA Courses are there

- **Two Day - Mental Health First Aiders**

A practical skills and awareness course designed to give you:

- A deeper understanding of mental health and the factors that can affect people's wellbeing, including your own
- Practical skills to spot the triggers and signs of mental health issues
- Confidence to step in, reassure and support a person in distress
- Enhanced interpersonal skills such as non-judgemental listening
- Knowledge to help someone recover their health by guiding them to appropriate support

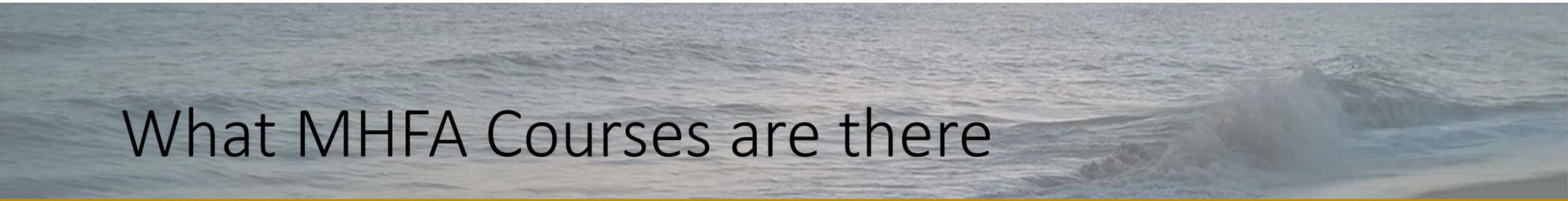


What MHFA Courses are there

One Day - MHFA Champions

An awareness and skills course which will teach you to:

- Recognise the main signs and symptoms of common mental health issues
- Provide initial support
- Guide a person towards appropriate professional help
- Be mindful of your own wellbeing
- Develop an understanding of how you can create and maintain a healthier workforce or community



What MHFA Courses are there

Half Day - Mental Health Aware

An introductory course designed to increase mental health awareness and give an understanding of how to look after wellbeing and challenge stigma. When you complete your course you will get a certificate of attendance and a manual to keep and refer to whenever you need it.