

Mental Health First Aid Training for Peterborough Diocese

Over the past months Peterborough Diocese has been raising awareness of mental health and wellbeing. The Diocese is also planning to offer Mental Health First Aid training. The training will help anyone engaged with parish life to better serve the needs of those you meet who are experiencing poor mental health.

The training will be delivered by Kevin Fear who until recently was a Minister in Secular Employment working as a health and safety policy lead in the construction industry. He is licenced as an Assistant Priest in the parish of Werrington and has recently qualified to deliver Mental Health First Aid England's 2-day on-line Mental Health First Aid course. Below are some answers to questions that you may have.

Your first question might be, what is mental health first aid? Here is an extract from the Mental Health First Aid England's website:-

Mental Health First Aid (MHFA) is a training course which 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.

For a video about MHFA use this link -

[https://mhfastorage.blob.core.windows.net/mhfastoragecontainer/097dac2cf1a5e811814e70106fa92171/Mental Health First Aid.mp4?sv=2015-07-08&sr=b&sig=IUeJlcokSeXZGOTsrGeQozGYu4HQxxnBHsotiBxTXQ=&se=2021-05-03T11%3A59%3A32Z&sp=r](https://mhfastorage.blob.core.windows.net/mhfastoragecontainer/097dac2cf1a5e811814e70106fa92171/Mental%20Health%20First%20Aid.mp4?sv=2015-07-08&sr=b&sig=IUeJlcokSeXZGOTsrGeQozGYu4HQxxnBHsotiBxTXQ=&se=2021-05-03T11%3A59%3A32Z&sp=r)

The second question you might have is what would the format of the training be like? Again here is an extract from the MHFA England website:-

This is an online course delivered through the MHFA England Online Learning Hub.

Learning takes place through four live training sessions, spread across two weeks, with self-learning activities in between.

Each session is built around a Mental Health First Aid action plan.

Numbers are from 8 to 16 people per course so that the instructor can keep people safe and supported while they learn.

We are sure that you will be interested in knowing what time you will need to set aside to complete the course. As stated above, the course is a mixture of tutor lead live training

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sessions and individual self-learning activities. Typically, the time to allow for these are as follows, although these may vary slightly:-

*Individual on-line learning activities **for session 1** – 1 hour*

***Session 1** – on-line tutor led – 1 hour 45 mins*

*Individual on-line learning activities **for session 2** – 1 hour 30 mins*

***Session 2** - on-line tutor led – 2 hours 20 mins*

*Individual on-line learning activities **for session 3** – 2 hours*

***Session 3** - on-line tutor led – 2 hours*

*Individual on-line learning activities **for session 4** – 2 hours*

***Session 4** - on-line tutor led – 2 hours*

Another question you may have is how much will this cost? Typically, the cost of an open MHFA 2-day course is around £300 per person. However, the Diocese is offering courses at a cost of just £30 per person which covers the essential course material, which is a workbook and a comprehensive manual. A clergyperson may claim against their CMD grant to cover this cost. If anyone else would find it difficult to pay for the materials, please contact the Clergy Training Officer for assistance: chrys.tremththanmor@peterborough-diocese.org.uk

The initial courses will be scheduled for –

5 and 7 October 2pm-4pm

12 and October 2pm-4pm

If we have not covered all the questions you may have please contact Kevin Fear:

Kevin Fear

Approved Adult MHFA Instructor

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