

## North East Update

**Mental Health First Aid community interest company is the lead body for Mental Health First Aid training in England. We're working in partnership with the North East Mental Health Development Unit to offer a number of free places\* on the MHFA course in the North East region.**

The MHFA course normally costs at least £150 per place so MHFA England and the NEMH DU have come together to help individuals and communities that might not ordinarily be able to access the training.

A number of MHFA instructors have been commissioned to deliver the MHFA course free of charge across the 12 PCT areas that compose the North East Strategic Health Authority.

(County Durham, Darlington, Hartlepool, North Tees, Middlesbrough, Redcar and Cleveland, Newcastle, Northumberland, North Tyneside, Gateshead, South Tyneside and Sunderland)

\* For more information on how to access these places contact MHFA England national training team member Bill Cunningham  
(t) 01325 722772  
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## Introducing Mental Health First Aid England CIC and our refreshed brand

MHFA England was established as a community interest company in September 2009 having previously been a programme within the Department of Health. We have over 450 instructors nationally and around 23,000 MHFAiders have been trained by our instructors.

- \_ MHFA England is the only organisation in England that provides a seven-day training course for people to become MHFA instructors.
- \_ Approved instructors go on to deliver the MHFA course.
- \_ The course is concise, evidence-based and usually taught over two days.
- \_ The MHFA course was developed by the National Institute for Mental Health in England (NIMHE).
- \_ The course covers the causes, symptoms and treatment of common mental health problems.
- \_ The overall aim of MHFA England is to improve mental health literacy amongst the general population of England.

The MHFA course will teach you to:

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

Seventy-five MHFA instructors have been trained in the North East since 2007 and over 3,500 MHFAiders have been trained in the region.

More information about MHFA England, the MHFA course and how to train as an instructor can be found on our website ([www.mhfaengland.org](http://www.mhfaengland.org)).

The next available course to train as an MHFA instructor in the North East region takes place in Leeds in September 2010 (6-7 & 20-22 September and 4-5 October inclusive).

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