



# Supporting Mental Health in Higher Education

## **What is Higher Education Mental Health First Aid?**

The Higher Education Mental Health First Aid (MHFA) course raises awareness around mental health and specific factors which can impact on a student or staff member's mental health. The course teaches students and staff a set of practical skills which enables them to support a person experiencing a mental health issue.

In consultation with the Higher Education Network and the UK's student mental health charity, Student Minds, MHFA England has designed a course which is tailored to the Higher Education community. As a one-day course it fits perfectly into the busy education timetable and can be scheduled at any time within the academic year. The course has recently been piloted in 16 universities and the University of Chester is undertaking an evaluation of delegate feedback which will be reflected in the final course materials.

Each and every MHFA course is delivered by a quality assured instructor who has attended the seven-day instructor training programme accredited by the Royal Society for Public Health.

## **What will I learn on a one-day Higher Education MHFA course?**

Our Higher Education MHFA instructors will deliver an intensive one-day course which covers a number of key topics.

These are:

- \_What is mental health?
- \_Depression and anxiety
- \_Suicide and psychosis
- \_Self-harm and eating disorders
- \_Five steps of Mental Health First Aid

The day will include a mix of presentations, group discussions and workshop activities, with our instructors providing a safe learning environment where participants are supported throughout the whole course. At the end of the day, everyone will receive a copy of the Higher Education MHFA manual which is an excellent reference and support resource.

## **How will attending a Higher Education MHFA course help?**

The course will:

- \_Give a deeper understanding around the issues that relate to student and staff mental health
- \_Teach practical skills that can be used every day, including being able to spot the signs and symptoms of mental health issues

Research and evaluation also shows that taking part in an MHFA course:

- \_Raises awareness and mental health literacy
- \_Reduces stigma around mental ill health
- \_Boosts knowledge and confidence in dealing with mental health issues
- \_Promotes early intervention which enables recovery

## **To register your interest in the Higher Education MHFA course please contact:**

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**student  
minds**

**mhfa**   
mental health first aid england