



MHFA England

Mental Health First Aid

discipleship
vocation
evangelism

Mental Health First Aid ([MHFA](#)) is a national training course teaching people how to identify, understand and help someone who may be experiencing a mental health issue. We are piloting this training free of charge in our diocese. The core training will be led by Revd Charlotte Gompertz whose previous career as a mental health nurse has given her a longstanding passion and interest for the subject.



In the first year, four cohorts of 16 participants will train as Mental Health First Aiders, around whom we will base further interventions. These further interventions will include a whole, or half, day mental health awareness raising programme for the community with whom you work, with the training being provided externally. This and subsequent support groups will be organised through Transforming Communities.

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.

The course runs over two full days, from 9am to 5pm. Places are limited so [contact us](#) now to express an interest in training as a Mental Health First Aider. The course will be running:

Cohort 1	Tuesday 16 th and Wednesday 17 th October	Meole Brace, Shrewsbury
Cohort 2	Wednesday 9 th and Thursday 10 th January	Rugeley, Staffordshire
Cohort 3	Tuesdays 7 th and 14 th May	Bradley, Wolverhampton
Cohort 4	Thursdays 4 th and 11 th July	Clayton, Newcastle-under-Lyme

Details about the course can be found [here](https://mhfaengland.org/individuals/adult/2-day/): <https://mhfaengland.org/individuals/adult/2-day/>

Register your interest now at tc@lichfield.anglican.org

David Primrose
Director for Transforming Communities



DIOCESE OF
LICHFIELD



The Church of England **around Staffordshire, northern Shropshire and the Black Country**