

# Mental Health First Aid (MHFA)

## Project aim

MHFA's are a point of contact for all staff who are experiencing a mental health crisis or who are in emotional distress. We can provide initial support and signposting to a professional . We aim for all staff to have access to mental health support.



## MHFA's

Staff Health and Wellbeing (SHaW) run the campaign but we have **28** trained MHFA's in various areas of the trust and this will continue to increase in the future.

## Measures

We ask our MHFA's to document to anonymise there interactions and send them to us. We ask them to document the date the interaction occurred, there directorate, themes in what they needed support for e.g. financial stresses and what signposting support that they were offered. This enables us to look at themes and continually improve our support for staff.

## Results

The First cohort completed the training in January 2019. We had a further cohort in April 2019. Since then we have had 20 documented Mental Health First Aid interventions from various MHFA's. We estimate that many more interactions have taken place that have not yet been documented. Our MHFA's feel more supported offer mental health support and advise. We are also continuing to reduce stigma towards mental health in the Trust enabling staff to support each other and have better health and wellbeing.

## Actions taken

- MHFA's are given a lanyard and badge to make them more visible.
- Each week a different MHFA has been completing a 60 second interview for in touch about the role.
- The MHFA's have quarterly meetings to discuss how we are finding the role

## Learning and next steps

- Our aim is for one of our MHFA's to complete the train the trainer course so that can offer training in house to many more staff.
- To continue to publicise the role to support our staff and decrease the stigma surrounding mental health.

