

For further information and / or a booking form please contact:

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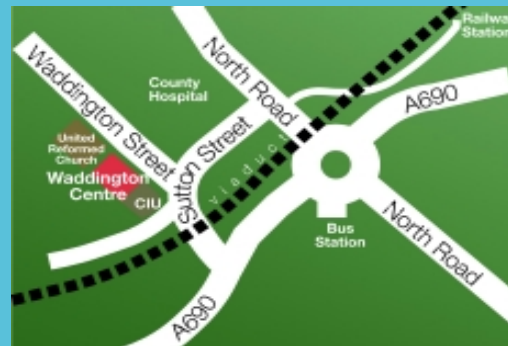
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“ By 2020 depression will rank second only to heart disease as the leading cause of disability worldwide. ”

*The global burden of disease, Cambridge, Murray and Lopez
From ACAS publication 'Health, work and wellbeing' - March 2008*

About Waddington Street Centre (WSC)

WSC is a mental health resource centre and charity in Durham City which celebrated its 25th anniversary in 2006. It is an organisation where service users, volunteers and staff work closely together to improve the quality of people's lives, support recovery and self development and make care in the community a reality.



Waddington Street is directly behind the County Hospital in North Road Durham and joins onto Sutton Street which runs under the railway viaduct. It is approximately a 5 minute walk from Durham bus station in North Road and Durham railway station. On street metered parking is available nearby.

Waddington Street Centre is situated between the CIU building and Waddington Street United Reformed Church.

Waddington Street Centre Limited is a Company registered in England limited by guarantee
Company No. 2330506, Charity Registration No. 701514



Mental Health First Aid Training

through

Waddington Street Centre

A Community Mental Health Resource

in association with
the National Institute for Mental Health
England and the Care Services
Improvement Partnership

The Mental Health First Aid programme is an award winning training course that has demonstrated its effectiveness in promoting the understanding of mental health and increasing mental health literacy

Employers, especially small firms, need more support and advice in helping employees with mental ill health

Confederation of British Industry

Did you know that:

■ Stress-related absences account for half of all sicknesses from work, with an estimated cost of £4 billion per year. Around 20% of work absences are due to depression;

■ 30% of people with mental health problems felt they had been dismissed or 'forced to resign' because of discrimination;

■ Common misperceptions about employees with mental health problems include: they are likely to be 'dangerous and unpredictable', their problems are 'self-inflicted', they will 'never recover' or 'be able to participate fully', and they are 'unable to communicate properly';

■ Providing support and investing in current employees is less expensive than recruiting and training new staff.

(Source: The Work Foundation)

Mental health in the workplace

Mental health problems can affect anyone regardless of their age, gender, ethnicity or social group. The most common forms of mental ill health are anxiety, depression, phobic anxiety disorders and obsessive compulsive disorders.

Mental illness is classed as a disability under the Disability Discrimination Act 2005. The Act makes it unlawful for an employer to treat a disabled person less favourably for a reason relating to their disability, without a justifiable reason.

However, employers are often less sure how to react to someone with mental health problems. They may see mental illness as something very sensitive and difficult to understand. Unfortunately many employers ignore the issue, which only adds to the sense of isolation experienced by those with mental health problems.

What is Mental Health First Aid (MHFA) training?

MHFA training is a 2 day accredited training course designed by the National Institute for Mental Health England and the Care Services Improvement Partnership to teach the skills to help someone who is developing a mental health problem or is experiencing a mental health crisis.

Participants on the course will:

- Gain an **understanding** of mental health problems including: depression, anxiety, panic attacks, psychosis, self harm and suicide;
- Be taught how to **recognise** if someone is experiencing a mental health problem;
- Learn skills to **help** a person developing a difficulty with their mental health or in a mental health crisis;
- Be able to **support** people to access appropriate help, including both professional support and evidence based self help strategies;
- Explore the relationship between mental health and **alcohol and drugs** and other health related behaviours/ lifestyle choices.

Such early intervention can prevent a mental health problem from developing into a more serious condition and in turn, promote the **recovery** of good mental health.

By the end of the 2 days, the training will skill an individual on the 5 basic steps of MHFA;

1. **Assess** risk of suicide or self harm
2. **Listen** non-judgmentally
3. **Give** reassurance and information
4. **Encourage** the person to get appropriate professional help
5. **Encourage** self-help strategies

Successful candidates will each receive an accredited certificate regulated by England's Care Services Improvement Partnership (CSIP).

Duration

2 full days (MHFA is a 12 hour intensive course)

Aims/Ojectives

- Preserve life where a person may be in danger to themselves or others;
- Provide help to prevent the mental health problem developing into a more serious state;
- Promote recovery of good mental health;
- Provide comfort to a person suffering a mental illness;
- To raise awareness of mental health issues in the community;
- To reduce stigma and discrimination.

Cost of the 2 day course including lunch and refreshments

Private Sector	Public Sector	Voluntary Sector
£150 per person	£150 per person	£75 per person