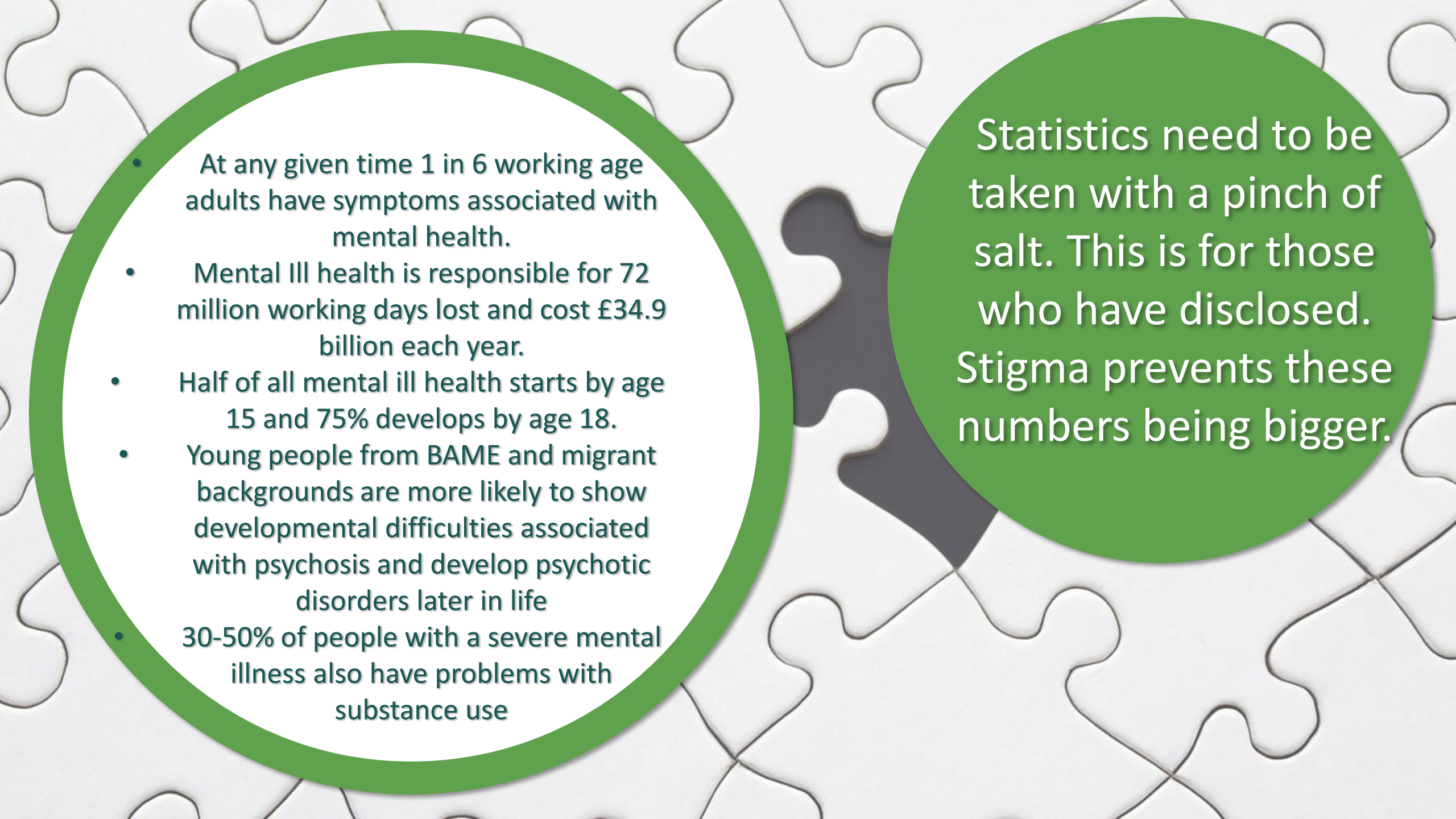





Mental Health First Aid



ABC life support
First aid training for all

- 
- At any given time 1 in 6 working age adults have symptoms associated with mental health.
 - Mental ill health is responsible for 72 million working days lost and cost £34.9 billion each year.
 - Half of all mental ill health starts by age 15 and 75% develops by age 18.
 - Young people from BAME and migrant backgrounds are more likely to show developmental difficulties associated with psychosis and develop psychotic disorders later in life
 - 30-50% of people with a severe mental illness also have problems with substance use

Statistics need to be taken with a pinch of salt. This is for those who have disclosed. Stigma prevents these numbers being bigger.

A person with long, straight, light-colored hair is seen from behind, sitting on a dark, flat rock. They are looking out over a vast, hazy landscape at sunset or sunrise. The sky is a mix of soft orange, yellow, and pale blue. In the foreground, there are some dark, silhouetted bushes and grasses. The overall mood is contemplative and serene.

Recognition and
acceptance is the key
to processing and
action is then
required.



What does the term
'Mental Health'
mean to you?

“

A state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.

”

World Health Organisation

Maximum mental health/wellbeing

Somebody with a diagnosis of a serious mental illness but copes well and has positive/good mental health

Somebody with no mental illness or disorder and has positive/good mental health

**Severe diagnosis of
mental illness**

Somebody with a diagnosis of a serious mental illness but has poor mental health

Somebody with no diagnosis of mental illness but has poor mental health

**No diagnosis of mental
illness**

Minimum mental health/wellbeing

Some signs and symptoms that
may indicate
that a person is
becoming
unwell...

Poor
concentration

Sleeping
more
or less

Feeling less
interested in
day-to-day
activities

Drinking or
eating more

Being easily
distracted

Feeling
overwhelmed
by things

Tiredness and
lack of energy

Finding it
hard to make
decisions

Irritability and
short temper

Finding it
difficult to
control your
emotions

Tearfulness

Worrying
more

Talking less
and avoiding
social
activities

Aggression

Talking more,
talking very fast,
jumping between
topics and
ideas

Low
mood

What is Mental Health First Aid Training?



Be able to recognise
signs and symptoms
of mental ill-health

Provide a trained
listening ear

Recognise a
CRISIS event and
act on it in the
capacity of a first
aider

Understand
referral pathways
and signposting
options

Develop a
knowledge base of
mental illness and
diagnoses aimed at
helping to recognise
NOT diagnose





Thank you



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First aid training for all