MENTAL HEALTH FIRST AID

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Route Map to MHFA!
Mental Health Backdrop

• One in Four British adults experience at least one diagnosable mental health problem.

• At any given time 1 in 6 working age adults have symptoms associated with poor mental health (e.g. sleep problems, fatigue, etc) which do not meet the criteria for diagnosis

• 17% of the population have had suicidal thoughts; 6% have attempted suicide. Primary link to mental health condition.

• 6400 people in the UK died as the result of suicide in 2012.

• 80% of people who die by suicide have NOT been in contact with NHS Mental Health services in the year before death.

• NHS Mental Health: Access, Resources etc..

• Stigma
- Closing the Gap

• Through training, promote Understanding of Mental Health to:

  • Enable people, and family groups, to cope with the experience of mental illness,

  • Provide tools to enable people to successfully intervene when an individual is experiencing a mental health crisis, and

  • Reduce Stigma.
Aims of mental health first aid

- Increase people’s understanding of mental health
- Increase people’s personal resilience
- Spot the early signs of a mental health problem
- Feel confident helping someone experiencing a problem
- Provide help on a first aid basis
- Help prevent someone from hurting themselves or others
- Help stop a mental health problem from getting worse
- Help someone recover faster
- Guide someone towards the appropriate support
- Reduce the stigma of mental health problems
• Established in Australia in 2000
• Internationally recognised in 23 countries
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• Introduced to England by the Department of Health in 2007
• MHFA England created as a Community Interest Company in 2009
• Provides training courses across the UK
  • Hereford Veterans Support Group and partner organisations, August and December 2015
Course outline

Section_01

_ Introduction to Mental Health First Aid
_ What is mental health?
_ Stigma and discrimination
_ Mental health problems, violence and the criminal justice system
_ ALGEE – the actions for mental health first aid
Course outline

Section_02
_ Suicide
_ Depression

Section_03
_ Self harm
_ Eating Disorders
_ Psychosis

Section_04
_ Anxiety Disorders
_ Impact of Trauma
_ Alcohol and substance misuse
_ PTSD
_ Recovery
_ Action planning for using MHFA
The mental health continuum

- No absolutes

Maximum mental ill health

A person with a diagnosis of a serious illness but who copes well and has positive mental health

A person with no illness or disorder and positive mental health

Minimal mental ill health

A person with a diagnosis of a serious illness and who has poor mental health

A person with no diagnosed illness or disorder but who has poor mental health

Minimal mental wellbeing / fitness

Maximal mental wellbeing / fitness

The continuum...
What’s in your stress bucket?
(Source: Brabban & Turkington 2002)

Stress flows into the bucket

Vulnerability is shown by the size of the bucket

Good coping = tap working lets the stress out
Bad coping = tap not working so water fills bucket and overflows

If the bucket overflows, problems develop - “snapping”
Actions for Mental Health First Aid

- Assess the risk of suicide or self harm
- Listen non-judgementally
- Give reassurance and information
- Encourage the person to get professional help
- Encourage self-help strategies
Any Questions?

Further Information:

MHFA England Website: [www.mhfaengland.org](http://www.mhfaengland.org)
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