

Mental Health First Aid (MHFA) Training with Essential Mediation Solutions (EMS)

Supporting Mental Health and Wellbeing in the Workplace

MHFA Training with EMS

Essential Mediation Solutions joins forces with Jake Morrison to foster safe space in workplaces.

"As a workplace mediator for over a decade, I come across a lot of mental health issues. Participants are often suffering from depression and anxiety caused by the conflict they are in, even to the extent that they have been signed off work, sometimes for many months at a time. Dealing with such vulnerable parties, I have to tread delicately and carefully, ensuring that they have a voice and equality in the mediation. I feel honoured and humbled to be a part of the healing process in helping participants find a way to move forwards, in correcting misassumptions and misperceptions, improving communication, finding ways to make a working relationship more bearable and even self-recognition leading to transformation.

But I am no psychologist and am far from a mental health expert! When Jake enrolled on our Workplace Mediation Training Course, we had many conversations about the subtle but real overlaps in our work. I felt that as a workplace mediator, the MHFA would be invaluable to enhance my work. Looking into MHFA further, I realised how essential this course is to, not just workplace mediators, but any individual - as MHFA England say, after "a global pandemic, economic uncertainty and changes to the ways we work, the need to support everyone's mental health and wellbeing is greater than ever." I would encourage all individuals, and organisations for their staff, to invest in this invaluable training. I am therefore thrilled to join forces with Jake as a MHFA Instructor and to add this course to the training portfolio of EMS."

- Emma McAndry, Director, Essential Mediation Solutions



What is MHFA training?

MHFA is committed to changing workplace mental health for the better, aiming to create a balanced workplace where the mental and physical health of employees are of equal importance.

Since its inception in 2007, MHFA instructors have delivered training to over 20,000 workplaces, translating to hundreds of thousands of MHFAiders. MHFA Instructors are accredited by the Royal Society of Public Health, meaning a quality assured and consistent training experience, proven to increase MHFAiders® confidence in supporting people with mental ill health. MHFA England's training is grounded in research. It has been developed through an inclusive lens, with input from people with lived experience and in collaboration with clinical practitioners, learners, and workplaces.

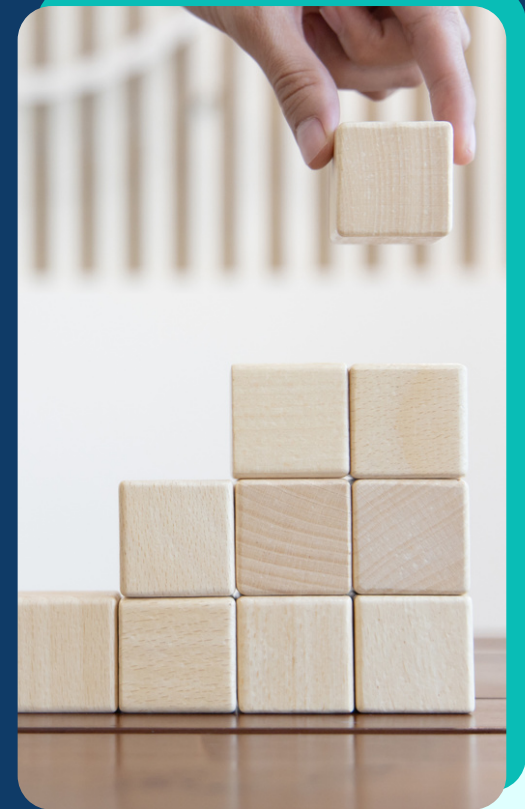
MHFAiders® gain the knowledge and skills to spot the signs of a person experiencing poor mental health, the confidence to start a conversation and the tools to signpost to appropriate support. Training doesn't stop when the course comes to an end; MHFA provides continuous support for MHFAiders® (well beyond initial certification) so people are confident, empowered, and motivated to carry out the role.

MHFAiders® get automatic 24/7 digital assistance through the MHFAiders Support App®. From there they will find exclusive resources, ongoing learning opportunities and the benefit of joining England's largest community of trained MHFAiders®



The benefits of MHFA training:

- 1.Reduces stigma around mental ill health.
- 2.Helps build supportive communities and workplace culture where employees feel they can be open about their mental health.
- 3.Encourages self-care, giving people the tools to look after their own mental health, as well as that of others.
- 4.Promotes early intervention and recovery, which can prevent an individual's mental health deteriorating.
- 5.Gives increased confidence to have a supportive conversation about mental health.
- 6.Promotes equity and understanding around mental health from different perspectives.



Why should you do MHFA training?

1. This course is ideal for anyone who would like to become an MHFAider® to gain the knowledge and skills to spot signs of people experiencing poor mental health, be confident to start a conversation and signpost a person to appropriate support.
2. Through the MHFAider Support App®, exclusive resources and ongoing learning opportunities, you will be able to keep your learning and confidence alive, quickly reference something and understand what is current with mental health and wellbeing support.
3. Employers should invest in this training to enable their staff to work at their best. Creating an inclusive environment to support the wellbeing of their people, is crucial; in fact, a company's success often depends on it.
4. With the confidence, community and access to exclusive resources and events, anyone who takes this course will feel empowered to provide support where it is needed.



Jake Morrison

Instructor

His own mental health journey led him to become CEO of Citizens Advice Wokingham and won his Excellence in Leadership award. He has since trained nearly 900 people in Mental Health First Aid, focusing on fostering psychologically safe, inclusive cultures. His advocacy for workplace wellbeing and mental health is driven by his personal journey. Mental health is a significant concern for people, and accessing support can be challenging. Today, he provides consultancy grounded in his experience navigating change and uplifting teams.



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