



Why Mental Health First Aid?

- Mental Health First Aid (MHFA) is the mental health equivalent of physical First Aid.
- MHFA England provides the internationally recognised and approved MHFA training programme currently being taught in 23 countries.
- MHFA England's products, courses and instructors are continually quality assured using robust assessment measures.
- The MHFA Standard and Youth MHFA courses are accredited by the Royal Society for Public Health (RSPH).
- MHFA provides participants with the skills and confidence to recognise the signs and symptoms of common mental health issues and effectively guide a person towards the right support services.
- MHFA England is an established Community Interest Company (CIC) and its mission is to increase mental health literacy and reduce the stigma associated with mental ill health.
- Over 85,000 people in England are now trained in MHFA.

Information about MHFA and its courses can be found at www.mhfaengland.org

Youth

- One half of adult mental illness (excluding dementia) starts before age 15 and 75 percent by age 18 (Annual Report of the Chief Medical Officer 2013, Public Mental Health Priorities: Investing in the Evidence Chapter 6, p 102)
- For those aged 15 to 24 years, suicide is the second most common cause of death, accounting for 19 percent of all deaths in this age group. (Adelstein A and Mardon C (1975) Suicides 1961-1974. Population Trends 02, 48-55 cited in Suicide rates in the United Kingdom 1991-2008. Date: 28 January 2010).
- A total of one in ten children and young people aged five to 15 years had a clinically diagnosable mental disorder (Annual Report of the Chief Medical Officer 2013, Public Mental Health Priorities: Investing in the Evidence Chapter 6, p102)