

# Mental Health First Aid in the workplace: The MENTOR study

In November 2018 the University of Nottingham and the Institution of Occupational Safety and Health (IOSH) published the results of the MENTOR study.

**M.E.N.T.O.R.**  
MEntal health first aid in The wORkplace



## Overview

This study investigated employees' views on the impact of Mental Health First Aid (MHFA) England training in their workplace.

Researchers surveyed:



**139**  
participants



from **81**  
organisations



and **20 industries**  
across England in the:

- Private sector
- Public sector
- Third sector

## What the employees said

The survey asked participants what had changed in their workplaces as a result of MHFA England training. Here's what they had to say:



**Increased understanding**  
**91%**

said there had been an increased understanding of mental health issues in their workplace



**Increased confidence**  
**88%**

reported an increased confidence around mental health issues in their workplace



**More conversations**  
**87%**

said more mental health conversations were happening at work



**Improved procedures**  
**83%**

noticed an improvement in procedures for signposting to further support



**Supporting colleagues**  
**78%**

said that employees trained in MHFA skills were supporting colleagues and **68%** said they were supporting people other than colleagues



**National events**  
**68%**

said their organisation was taking part in national mental health events



**Decreased stigma**  
**64%**

reported a decrease in the stigma surrounding mental health



**Comfort disclosing**  
**60%**

felt more comfortable to disclose their own mental health issues



**Seeking help**  
**59%**

reported an increase in help-seeking behaviour



**Disclosing experience**  
**53%**

said that more colleagues were disclosing their own experiences of mental ill health

For more information on Mental Health First Aid England training in the workplace visit [mhfaengland.org](http://mhfaengland.org) and find us on social media @MHFAEngland.

