

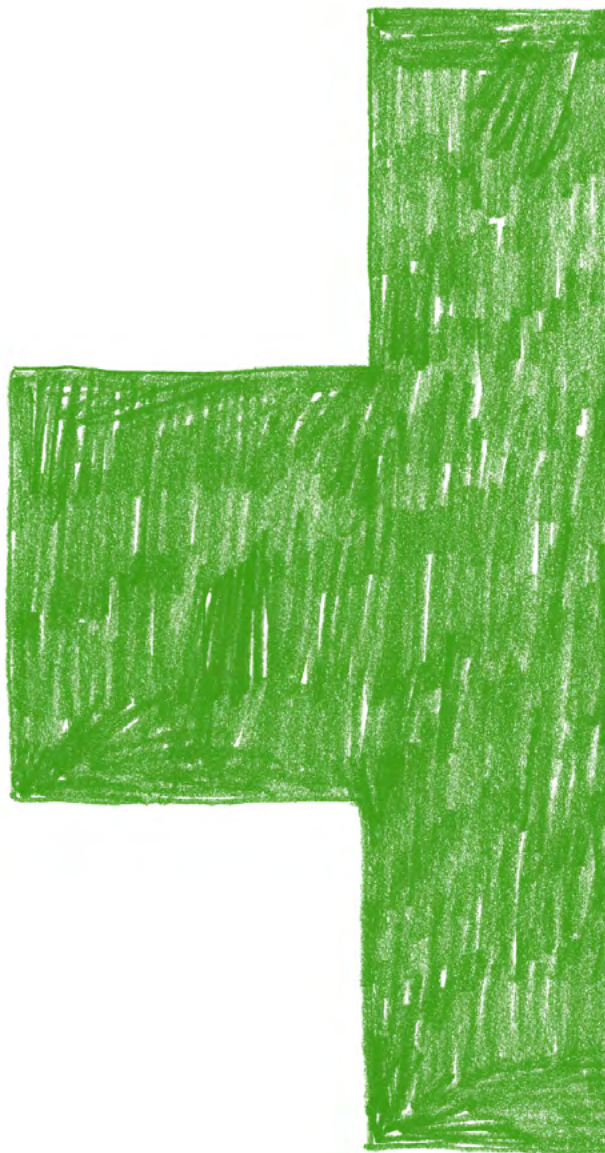
MHFA training has a 20 year history with a strong evidence base showing it can achieve these learning outcomes. It is proven to increase people's mental health awareness, knowledge, skills and confidence. This enables them to intervene in situations where they notice signs of poor mental health.

The evidence also shows that our training provides skills for prevention of and early intervention for mental ill health.

It empowers people to talk about mental health, support mental health, and reduce stigma.

We want equality between mental health and physical health – in access to support and in people's ability to identify and prevent ill health. This does not mean we believe these are the same, or should be treated in the same way, but they should be given equal attention, status and resource.

The MHFA England framework



Prevention

Understanding factors that can influence mental health, addressing stress, the importance of self-care, exercise, a nutritious diet and a healthy sleep routine

Early intervention

Spotting signs of poor mental health, how to intervene (including in a crisis) and listening and communicating non-judgementally

Signposting to support

Knowing ways to access support including counselling, therapy, peer support, self-help, medication, and getting emergency help in a crisis