

MHFA

USEFUL LINKS & TOOLS



FOR MENTAL HEALTH FIRST AIDERS

Congratulations, you're a **MHFAider**

I wanted to personally congratulate you on completing your MHFA England® Mental Health First Aid training.

Your commitment to supporting mental health is so valuable. The skills you've learned will help you notice when other people might be struggling, have supportive conversations, and guide them toward professional help when needed.



We've created this pack to support you in your role. Inside, you'll find useful links, resources, and practical tools to help you use your new skills effectively. We hope these materials prove helpful as you put your training into practice.

Your thoughts and feedback about the course matter to us. We're always working to improve our training and support materials, so please share any suggestions you have. You can reach us at hello@thethriveteam.co.uk.

Thank you for your dedication to supporting mental health. Once again, congratulations on completing your course and becoming a MHFAider®.

With best wishes,

Ali

Ali Grady, FCIPD
Co-Founder and Director of Coaching & Development
The Thrive Team

MHFA RESOURCES

RESOURCES

To support you on the next steps of your journey, MHFA England offer lots of free resources on their website mhfaengland.org.

If you are now a designated Mental Health First Aider for your workplace you may also be interested in their free guide, [Being a Mental Health First Aider: Your guide to the role](#).

You can also sign up to the [MHFA England newsletter](#) for updated delivered directly to your inbox.

MHFAIDER SUPPORT APP®

If you completed your training after September 2022, you will have access to the three years support and benefits package and the MHFAider Support App. This easy to use mobile app provides resources, conversation logging, signposting and 24/7 support.

If you haven't done so already download and start using the app. You can download it by searching for "MHFAider Support App" on your device app store.



ASSOCIATION OF MHFAIDERS®

You are also now able to join the Association of Mental Health First Aiders, the largest community of it's kind. You'll be able to connect and collaborate with others who feel proud to be transforming the way we talk about and support people's mental health.

Learn more about the Association of Mental Health First Aiders [here](#).

[Shout](#) 24/7 text support service to support your own wellbeing after a difficult conversation.

THE THRIVE TEAM RESOURCES

RESOURCES

To help you in your role we have also made several of our resources available to you. Please use them and share them with those who may find them useful.

WEEKLY WELLBEING CHECK UP

Our simple but effective [Weekly Wellbeing Check Up](#) helps you review your wellbeing across four key areas: health, wellbeing, thinking, and stress management. You might find it useful both for yourself and when supporting others. Taking a moment each week to reflect can help identify areas that need attention before they become overwhelming.

WELLBEING CONVERSATIONS GUIDE

Starting conversations about mental health can feel challenging. Our [Wellbeing Conversations Guide](#) provides a practical framework for having these important discussions.

MENTAL HEALTH RESOURCES DIRECTORY

Our comprehensive [Mental Health Resources Directory](#) points you toward trusted support services and resources for various mental health concerns.

STAY CONNECTED

We'd love to keep supporting you on your Mental Health First Aid journey:

- Visit The Thrive Hive at www.thethriveteam.co.uk/news for regularly updated, blogs, tools and information.
- Sign up for [Our Newsletter](#) for our latest insights and resources.
- Follow us on our social media channels.

OTHER USEFUL RESOURCES

MENTAL HEALTH APPS AND CRISIS SUPPORT

You can download the following apps app from Google and Apple App Stores or via the following website

[Stay Alive](#) (for suicide prevention) includes Suicide Support Plan

[Hub of Hope](#) (directory of local and national mental health services included in the MHFAider App)

MENTAL HEALTH RESOURCES

HSE [Stress Risk Assessment](#)

Mind [Five Ways to Wellbeing](#)

Mental Health Today have an excellent section on [Mental Health Disorders](#)

Mental Health Foundation [How to Support Mental Health at Work](#)

[Zero Suicide Alliance Training](#)

FILMS, TV & BOOKS

[I Had a Black Dog](#) (Depression)

[Living with the Black Dog](#) (for carers and partners)

[It's Not About The Nail](#) (Listening video)

[Empathy vs Sympathy](#) (Brene Brown)

[Small Talk Saves Lives](#) (Samaritans Film)

The BBC have a range of factual and drama [Mental Health Films](#) shining a light on mental health issues and how they affect individuals and society today.

The [Stranger on the Bridge](#) is the inspirational true story of Jonny Benjamin's global search to find the stranger who talked him out of jumping off Waterloo Bridge in 2008.

[Trigger Hub](#) is a specialist digital platform that offers mental health solutions, resources, and insights to support wellbeing.

Next Steps

Now that you've completed your training, here are some suggestions that you might find help you make the most of your new role.

You might find it useful to connect with other Mental Health First Aiders in your organisation. Meeting occasionally to share experiences and support one another can be really valuable.

If you'd like colleagues to know about your new role, you could add your Mental Health First Aider status to your email signature. You might also want to familiarise yourself with your organisation's mental health policies and support services and keep important contact numbers handy.

Your MHFA qualification remains current for three years, after which you can take a [MHFA Refresher](#) course to update your skills and knowledge. Diarise when this course is due so that you don't forget to refresh your skills and knowledge.

Supporting others works best when we look after ourselves too. Taking time after conversations to reflect can be helpful. Remember, you don't need to have all the answers - sometimes just listening with understanding is exactly what's needed.

Keep your MHFA manual and these resources somewhere accessible, and don't hesitate to refer to them. If you need any support or guidance in your role, The Thrive Team is here to help.



[/the-thrive-team](#)

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