Expression of Interest

Mental Health First Aid Awareness Course

In North Wales there are currently over a 120 organisations supporting members of the Armed Forces Community. Many of these organisations are third sector or voluntary groups who rely on not only members of the Armed Forces Community but the general public to volunteer their time to help. While many organisations offer excellent development packages in ensuring their staff/volunteers are suitably trained to support those in need, many groups do not have the resources (funds), capacity or access to training to do this.

Over the past 12 months it has become apparent that many who work with some of the most vulnerable have not had any access to any form of mental health first aid training, with many having no knowledge of the course.

Individuals trained in Mental Health First Aid can help to:

Listen, Give Support, Encourage support from others, and signpost to other relevant services, when someone is in crisis and needs help.

It is hoped to also:

• Break down the stigma associated with mental illness for example - anxiety, depression, post-traumatic stress disorder (PTSD), schizophrenia, bipolar disorder, and substance use disorders
• Reach out to those who suffer in silence, reluctant to seek help (reduce isolation)
• Let veterans know that support is available in their community
• Provide community resource information
• Make mental healthcare and treatment accessible to those in need

The training is being outsourced to an organisation of extremely experienced former military personnel who have gained invaluable experience over the past 5 years in providing critical and practical training and support in a range of areas including health and safety, risk management, leadership skills, modern day security, corporate resilience and trauma support.

Please fill in this form to express an interest in Mental Health First Aid courses and return to Ian.Pritchard@Wrexham.gov.uk

About you

Name	
Position	
Organisation Name	
Organisation Address & Postcode	
Telephone	
Email	