



North Central London
Clinical Commissioning Group

Mental Health First Aiders

An Introduction

Who we are



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Clinical Commissioning Group



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What is a mental health first aider?

- Like a 'regular' first aider – but for mental health rather than physical
- We can provide support to you if you are struggling with your mental health and help to signpost you to get the help you need
- We are advocates for mental health in the workplace and aim to help to reduce stigmas

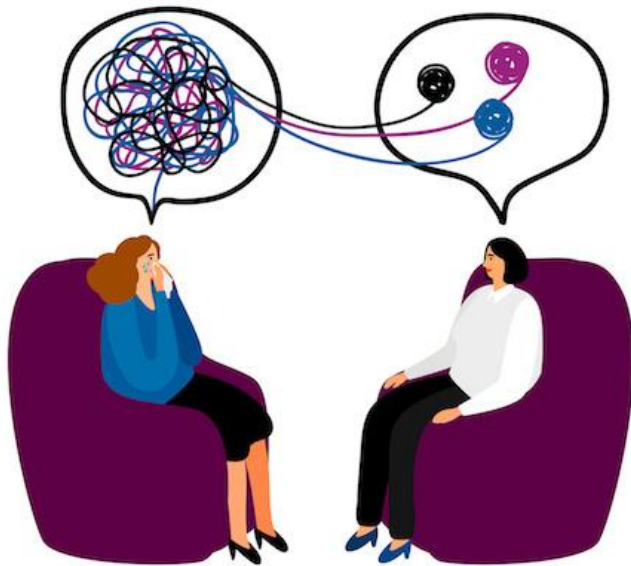


MHFA England

What is a mental health first aider not?

- Mental health first aiders are not trained therapists or counsellors, and cannot give a clinical diagnosis as to what mental health issue a person is suffering from
- We are not a replacement for proper treatment of mental health issues
- We are not able to 'treat' mental health issues but can act as an advocate for you in the workplace and help signpost you to help you need.

If you approach us about a problem



- Our conversation will be entirely confidential – this is only ever not the case if we think you are at risk of harming yourself or someone else
- It does not have to be about a work-related issue
- You can approach any of us
- You don't need to be at 'breaking point' to ask for help

Examples of areas we cover

Depression

Stress

Personality disorders

Anxiety

Bipolar

Self-harm

Psychosis

Eating disorders

Schizophrenia



Stress

- Stress is the body's reaction to feeling threatened or under pressure
- Too much stress can affect our mood, our body and our relationships – especially when it feels out of our control
- Experiencing a lot of stress over a long period of time can also lead to a feeling of physical, mental and emotional exhaustion, often called burnout
- Some symptoms of stress are:
 - Feeling overwhelmed
 - Having racing thoughts or difficulty concentrating
 - Being irritable
 - Feeling constantly worried, anxious or scared
 - A lack of self-confidence
 - Having trouble sleeping or feel tired all the time
 - Avoiding things or people you are having problems with
 - Eating more or less than usual

Your Stress Container



Recognise when your stress container is becoming full. Turn on the tap early.

Top tips to deal with stress and burnout



Split up big tasks

If a task seems overwhelming and difficult to start, try breaking it down into easier chunks, and give yourself credit for completing them.



Allow yourself some positivity

Take time to think about the good things in your life. Each day, consider what went well and try to list 3 things you're thankful for.



Challenge your thoughts

The way we think affects the way we feel. Watch our video to learn how to challenge unhelpful thoughts.

[Video: Reframing unhelpful thoughts](#)



Be more active

Being active can help you to burn off nervous energy. It will not make your stress disappear, but it can make it less intense.

[Better Health: Home workout videos](#)



Talk to someone

Trusted friends, family and colleagues, or contacting a helpline, can help us when we are struggling. Watch our video for more ideas.

[Video: Social connection](#)



Plan ahead

Planning out any upcoming stressful days or events – a to-do list, the journey you need to do, things you need to take – can really help.

How can you contact us?

- You can email us – our details are on the intranet
- You can call us on teams
- You can approach us in the office



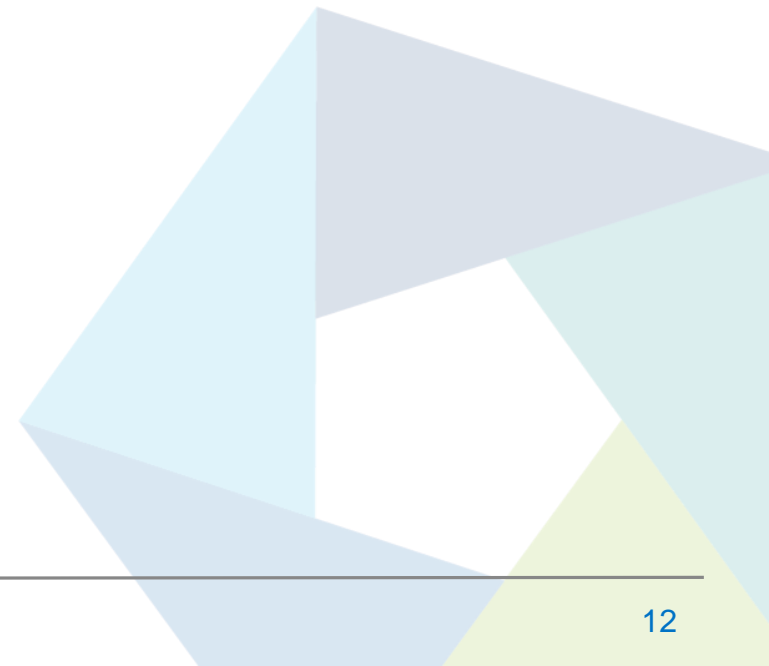
Other services you have access to

- Employee Assistance Programme
- Speak Up Guardians
- Samaritans
- Mindfulness (NHS have free access to Headspace)
- Mindfulness on Wednesdays and Fridays (run by Kitty and Brett)
- Yoga with Lizzie
- Mind
- Occupational Health

Any questions?



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Homework: take time for you