

Support for Mental Health First Aiders & Champions

Trained volunteer Mental Health First Aiders (MHFA) and Champions, can be an important part of the delivery, and engagement in an organisations health and wellbeing strategy.

They are your advocates on the ground, the approachable face of your employee support, and when their colleagues need it most; signposting to the benefits and the mental health pathways you offer.

How do you make sure your Mental Health volunteers have the ongoing support and framework that they need to fulfil this key role whilst maintaining their own wellbeing?

Whilst the MHFA training includes important guidance for these volunteers on the boundaries and limits of the role, it is important that employers recognise their responsibility to safeguard these employees and manage the risks that could arise due to the nature of this role and the desire of volunteers to help their colleagues in difficulty.

The risks for volunteers can include:

- Becoming overwhelmed or adversely affected by others' experiences
- Straying outside the boundaries of their role and taking on too much responsibility for another's wellbeing
- Feeling isolated and unsupported

How can RedArc help?

Our support for Mental Health First Aiders and Champions includes:

- A nominated registered mental health nurse allocated to each volunteer
- Monthly, remote small group sessions facilitated by the nominated mental health nurse to:
 - Network as a group
 - Share concerns and learning
 - Provide peer support

- Discuss and share information on useful sources of information/self-help tools etc.
- Ensure individuals are managing the boundaries of the role
- Sign-post to appropriate services and resources

Confidential notes of the sessions will be circulated to group members for reference

- Access to the nominated mental health nurse on an individual basis:
 - Discuss personal concerns
 - Guidance or advice relating to themselves or a colleague*

*consent is required to discuss personal identifiable information – the mental health nurse will provide guidance.

Email a member of our team to find out more:
mhfasupport@redarc.co.uk



“Having this service has given me a lot more confidence in dealing with the many situations that I am asked to help with. I feel reassured that I have this professional service in place to support me.”

A RedArc Patient

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