

Thursday 20 April 2023

## LCO Mental Health First Aiders

**Are you a good listener? Are you a person people come to when they are having a hard time and need someone to speak to? Are you passionate about tackling the stigma around mental health?**

**If yes, then maybe you would be interested in training to become a Mental Health First Aider?**

We want to diversify our pool of MHFAiders® by recruiting people from underrepresented groups. So, whilst we welcome all applicants we would be especially interested to hear from Black, Asian and minority ethnic colleagues. We would also like to increase representation from disabled and LGBTQ+ colleagues. All these groups are currently underrepresented in our workforce and most likely to experience harassment, discrimination and abuse – factors that can in turn impact on mental health.

MHFAiders® are a point of contact if you, or someone you are concerned about, are experiencing poor mental health or emotional distress. They are not therapists or psychiatrists but they can give initial support and signpost to appropriate help if required. We are looking for people with lived experience, shared characteristics and/ or beliefs to support people in the workforce through **understanding, compassion and peer support**. The training will be delivered via a two-day virtual workshop on **Tuesday 16 and Wednesday 24 May 8:30 am to 4:40 pm**.

Places are limited. Therefore, if you are interested in training to become one of our MHFAiders® please contact [liz.kundi@nhs.net](mailto:liz.kundi@nhs.net), LCO interim head of organisation development.