

Impact of EHF's Mental Health First Aid



TRAININGS



Where have we been??

Trainings

20



7*

Certified

445



101

Participating EDOT churches or groups

52



8

2016

2017

***NOTE**

*There are currently six more trainings scheduled for 2017 and we are still accepting hosts for the Fall!



KNOWLEDGE & ATTITUDES



Following the training, many participants said they felt more confident to deal with many aspects of mental health:

99%

...are more likely to ask someone if they are 'ok' if they see someone showing signs or symptoms of distress

92%

...have greater empathy toward someone experiencing mental health symptoms

98%

...could better recognize the signs that someone may be dealing with mental health problems or crisis

95%

...feel more comfortable talking to someone about mental health related signs and symptoms they observe

APPLICATION OF SKILLS



Since taking the MHFA training, participants have already put their training to use:

60%

...reached out to someone who may have been dealing with a mental health problem

68%

...encountered someone who may be dealing with a mental health problem

61%

...corrected a misconception about mental health in an interaction they had with someone

50%

...assisted a person who may have a mental health problem to seek professional help

41%

...offered basic "first aid" information to a person in distress

CONGREGATIONAL INTEREST/VALUE



Congregations surveyed found value in Mental Health First Aid and plan to continue mental health ministry following the trainings

91%

...have an interest in undertaking a mental health project with EHF

46%

...would like to undertake a mental health project with EHF within 6 months

For more information about EHF's Mental Health First Aid Workshops, visit <http://www.episcopalhealth.org/mhfa> or contact us at congregations@episcopalhealth.org