



MHFA England

## The Mental Health

## First Aid England Training

Mental Health First Aid England aims

to:

Provide comfort to a child  
experiencing a mental health issue

To listen and communicate non-  
judgementally

Give support and information

Signpost to appropriate help if  
required.



Show Respect

Learn Together

Try Your Best

Braddan Primary School

Braddan, Isle of Man

IM4 4TQ

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## BRADDAN SCHOOL MENTAL HEALTH FIRST AIDERS



MHFA England

At Braddan School pupils know they can talk to any staff about concerns or worries they have. To further support our students, we have developed a listening service with trained first aiders, to help support pupils and are available every lunchtime.

## Meet Our Team

Our trained mental health wellbeing first aiders are:

Mrs Looney



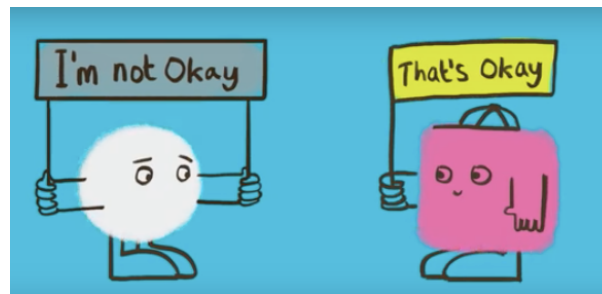
Mrs Shorthouse



They are not therapists or psychiatrists but have completed the Mental Health First Aid course. They know how to give initial support and signpost appropriate help if required.

## How Sessions Work

Our two mental health/wellbeing first aiders are available at lunchtimes for children to pop into our hub to talk about anything that worries them. This will often be about friendships and school worries but could include outside of school worries too.



Our first aiders will listen; ask questions to get children to consider positive outcomes and choices and may help support the child to learn new ways to cope with stress and anxieties.

If the child asks, the first aider will speak with class teachers to gain further support for the child. Sometimes, the first aider may need to utilise our safeguarding policy to pass concerns on to our Safeguarding Officer, Mrs Oates.

## Meet Our Worry Monster

Our wonderful worry monster supports our listening service in two vital ways:

1. He listens to those who just need a quick cuddle and chat.
2. He also has a special tummy that children can leave their name or worry in. Our first aiders can then give the child the opportunity to chat.

This is a fantastic service that allows children to relax in the knowledge that they have been heard, which helps them go back into class feeling supported.

