



EU funds
for Malta
2014-2020



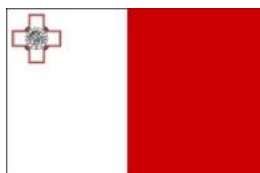
MINISTRY FOR EDUCATION AND EMPLOYMENT



RICHMOND

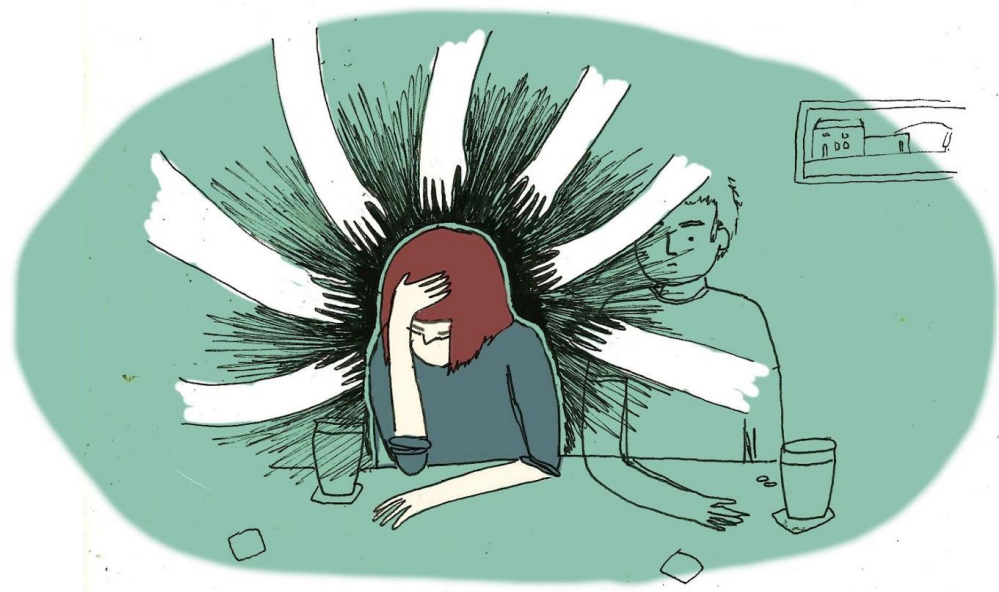


MENTAL HEALTH
FIRST AID
MALTA



Operational Programme II – European Structural and Investment Funds 2014-2020
'Investing in Human Capital to Create More Opportunities and Promote the Well-being of Society'
Project part-financed by the European Union European Social Fund (ESF)
Co-financing rate: 80% European Union; 20% National Funds





According to the Health Literacy Survey Malta 2014 Report 45.7% of the Maltese population have difficulty or do not know where to find information on **how to manage very common mental health problems like stress and depression.**

In 2015 Richmond Foundation was licensed as the Mental Health First Aid provider for Malta. **Mental Health First Aid** is an international program proven to be effective.

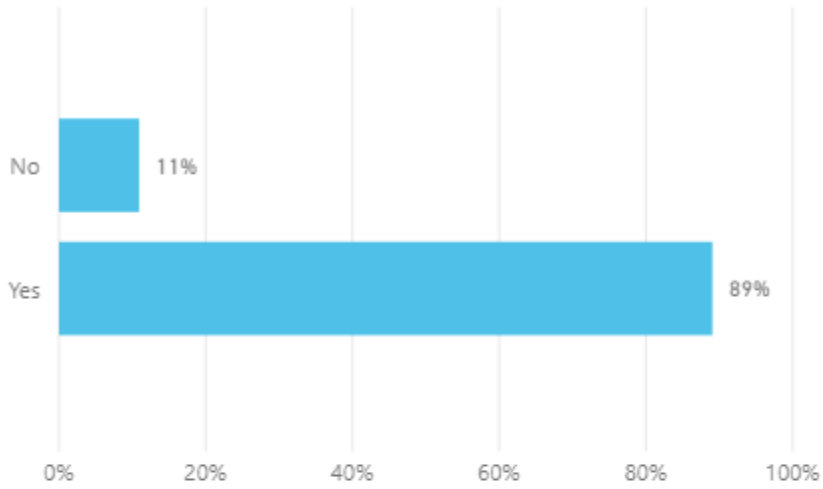
Currently **21 countries** across the world have recognised and adapted the MHFA Australia program for their own settings.



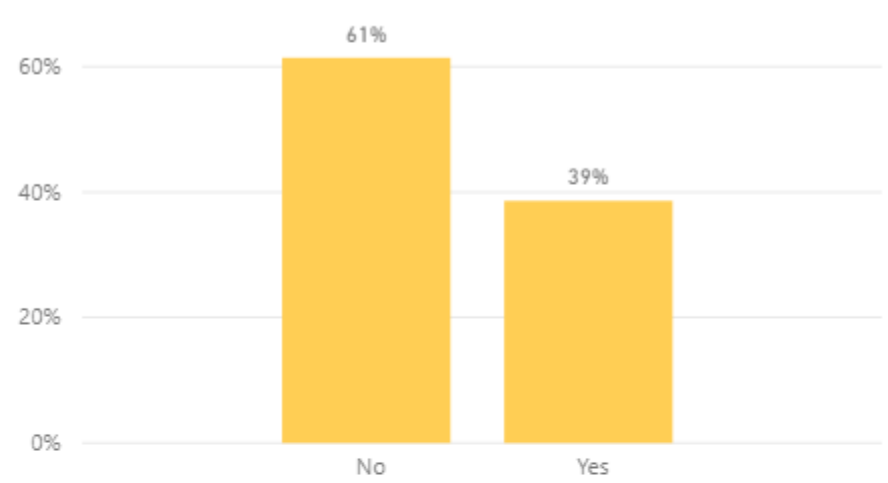
Pre-training research

The research measured the level of knowledge and skills among the participants that took part in the Mental Health First Aid courses (among the teachers, managers and supervisors). The level of knowledge and skill was measured before the course with all the registered participants.

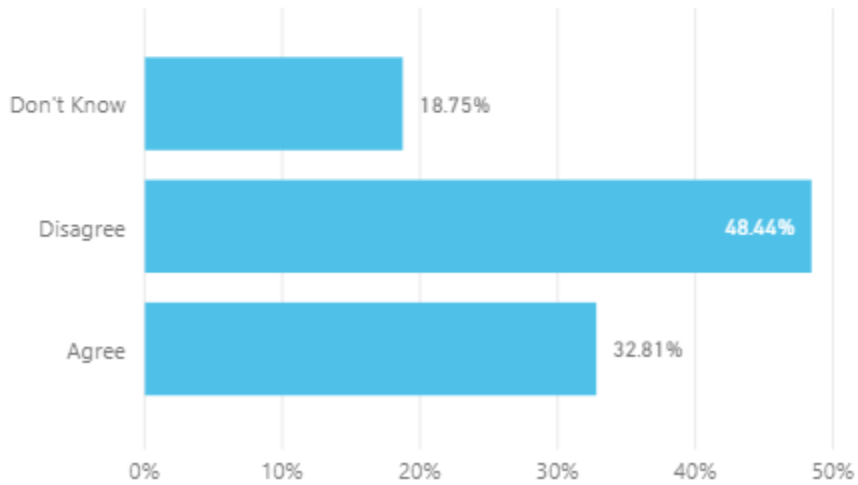
Knows someone with a mental health problem



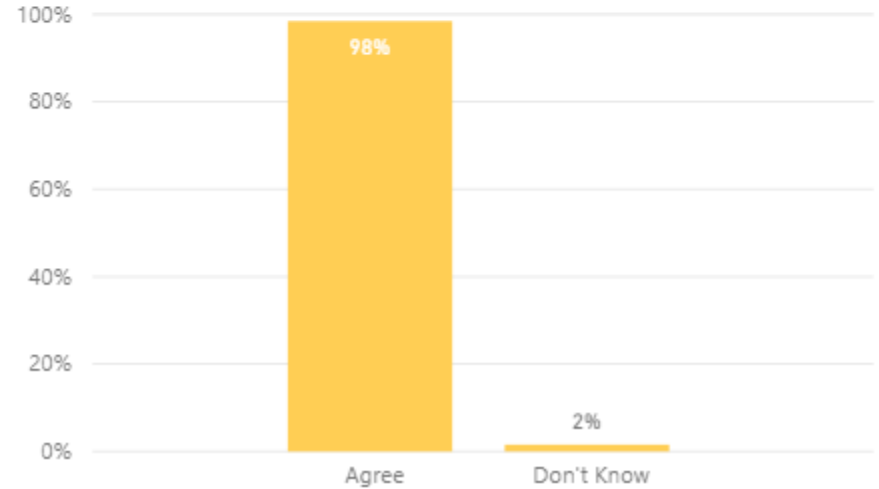
Feels informed on how to help & reach out



Force people with depression to seek professional help



Exercise can help relieve depression





The project, through training, material and online resources, has equipped the following groups as Mental Health First Aiders (MHFAs)

-Educators and youth leaders to be able to help teens and youths;

-Managers and supervisors to help young employees at work

-Teens to be able to help and reach out to their teenage peers.

Learning material

The project produced mental health first aid training material including **learning videos, manuals** and **an online learning platform and two mobile applications** (one for educators and youth leaders and one for teenagers)





Website including course details and registration

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for Malta | 2020



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Youth Mental Health First Aid

Training courses for teachers, employers and youths to have up dated knowledge, skills and abilities appropriate to provide the necessary assistance and guidance to support individuals facing mental health challenges.

[READ MORE](#)



Learning platform and mobile app



Kimberley Ciantar
MS Group 2 - Mental Health
First Aid

Dashboard

Manual

Sessions

Videos

MHFA MANUAL

1.0 Introduction to Mental Health Problems and
Mental Health First Aid

1.1 Mental Health Problems in Maltese Youth

1.2 Adolescent Development

1.3 Mental Health First Aid and Young People

2.0 First Aid for Developing Mental Health
Problems

2.1 Depression in Young People

2.2 Anxiety Problems

2.3 Eating Disorders in Young People

2.4 Psychosis in Young People

2.5 Substance Use Problems in Young People

3.0 First Aid for Mental Health Crises

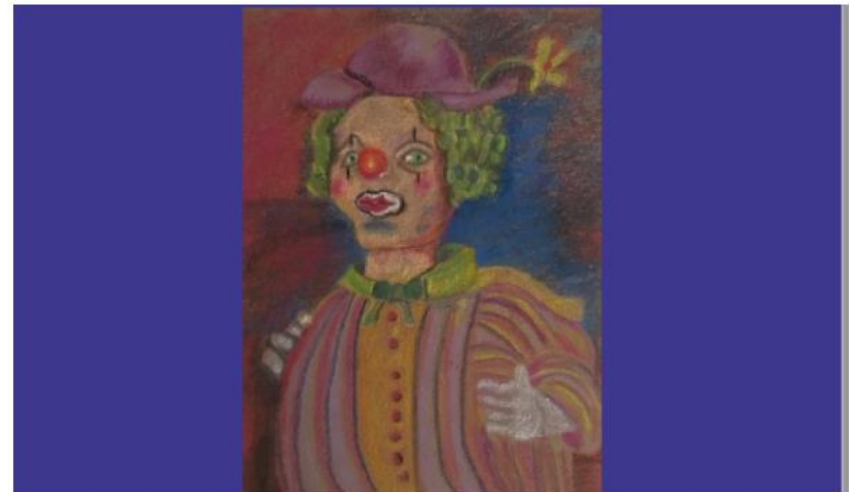
3.1 First Aid for Suicidal Thoughts and Behaviours

3.2 First Aid for Non-suicidal Self-injury

3.3 First Aid for Panic Attacks

3.4 First Aid for Adults Affected by a Traumatic
Event

2.1 Depression in Young People



What is depression?

The word 'depression' is used in many different ways. People feel sad or blue when bad things happen. However, everyday 'blues' or sadness is not a depressive disorder. People with the 'blues' may have a short-term depressed mood, but they can manage to cope and soon recover without treatment. The



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MHFA Sessions

27 Jun
2018

Session 1

Water Services Corporation Training Centre Luqa
Head Office, Triq Hal Qormi Hal Luqa, LQA 9043 Malta

🕒 09:00 - 12:00

👤 **Melvin Calleja**

27 Jun
2018

Session 2

Water Services Corporation Training Centre Luqa
Head Office, Triq Hal Qormi Hal Luqa, LQA 9043 Malta

🕒 13:00 - 16:00

👤 **Melvin Calleja**

28 Jun
2018

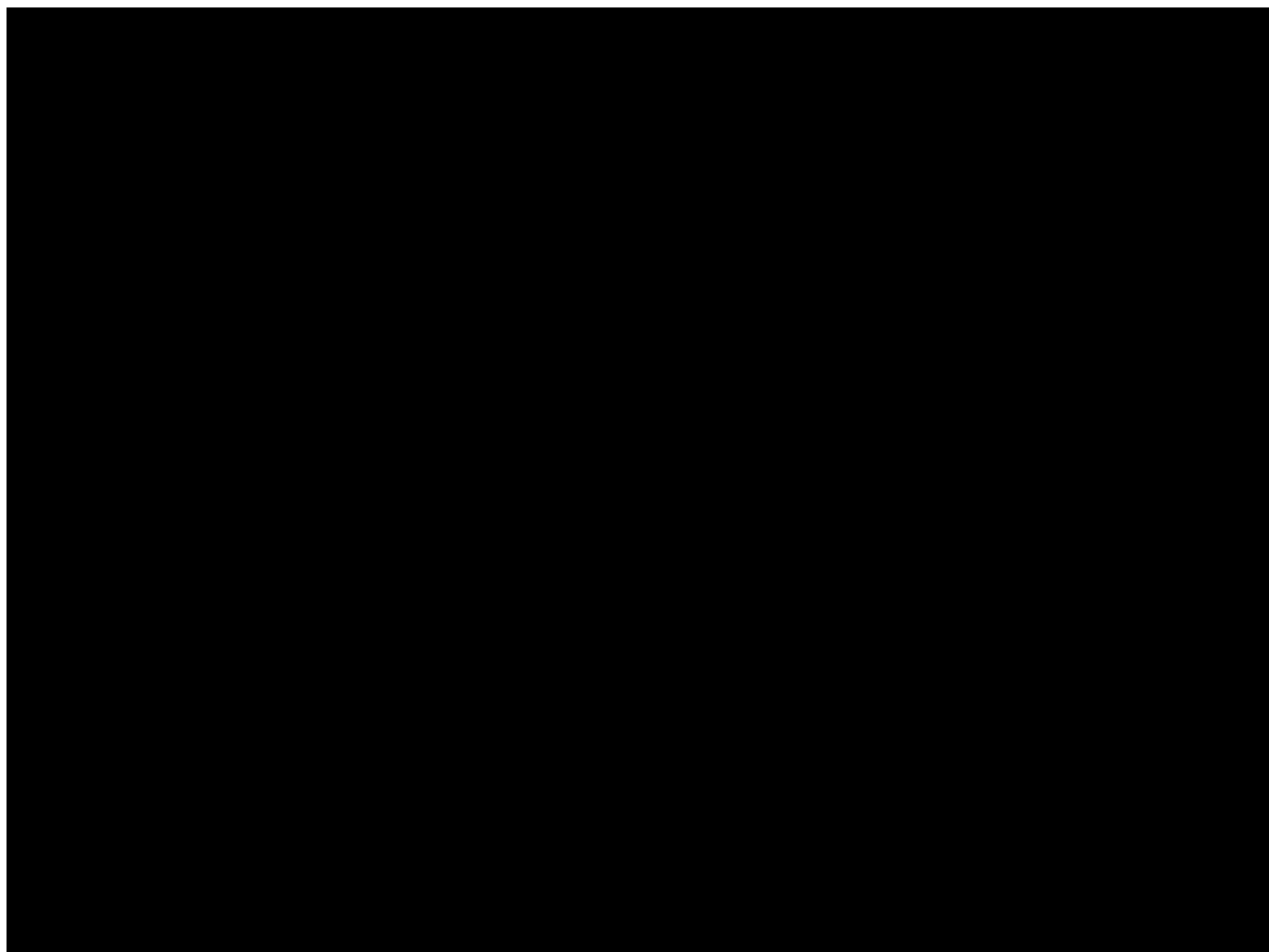
Session 3

Water Services Corporation Training Centre Luqa
Head Office, Triq Hal Qormi Hal Luqa, LQA 9043 Malta

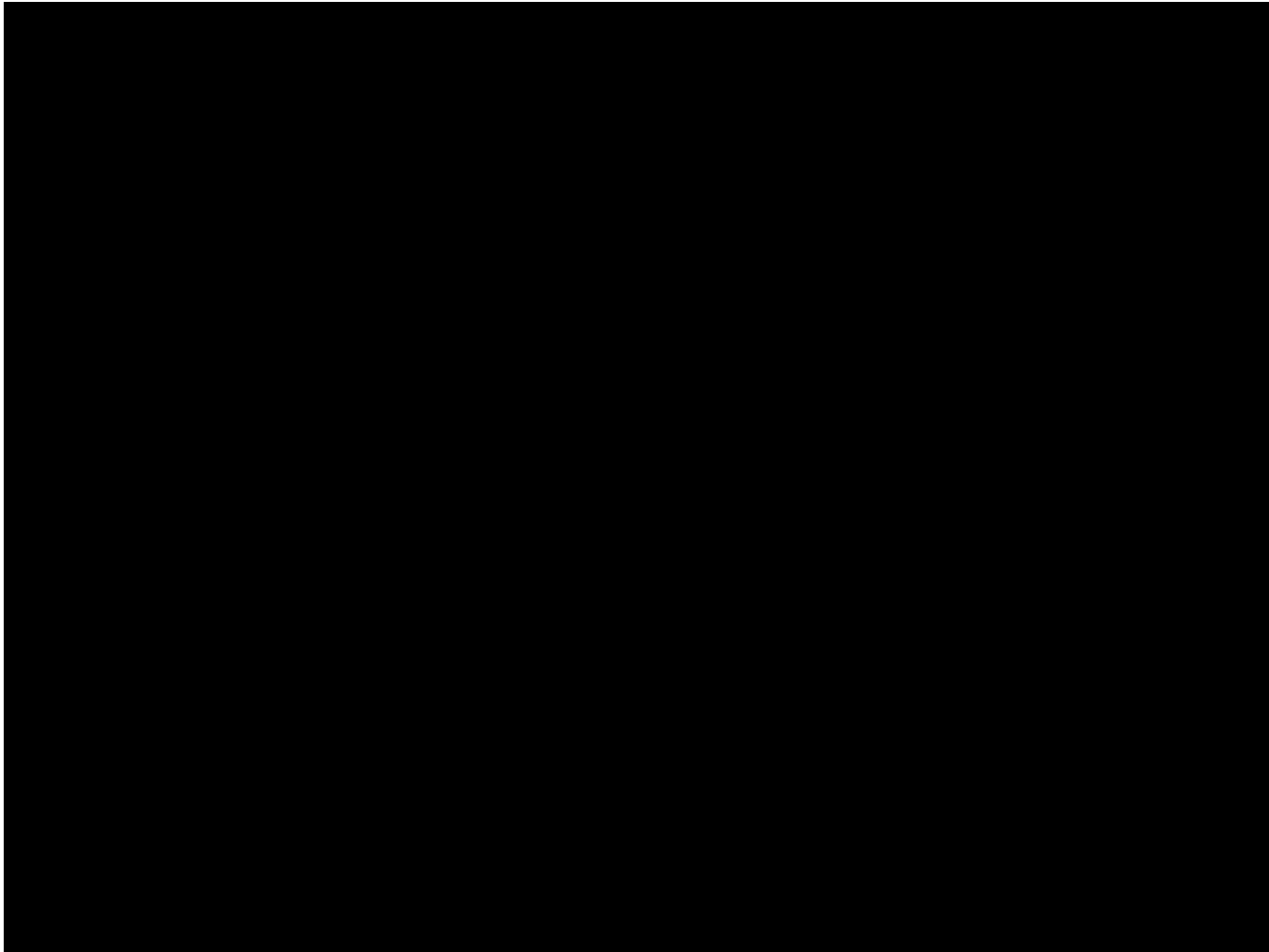
🕒 09:00 - 12:00



Learning videos



Learning videos



Course delivery

The Youth Mental Health First Aid training was delivered by the Trainers of Richmond Foundation who become official Mental Health First Aid instructors through the project.

The trainers were trained by MHFA Australia (Dr Claire Kelly) to become trainers for Youth MHFA and the Teen MHFA programmes.





Testimonial



Jasmin Muscat Monsigneur

Tutor with Children on the Autistic Spectrum

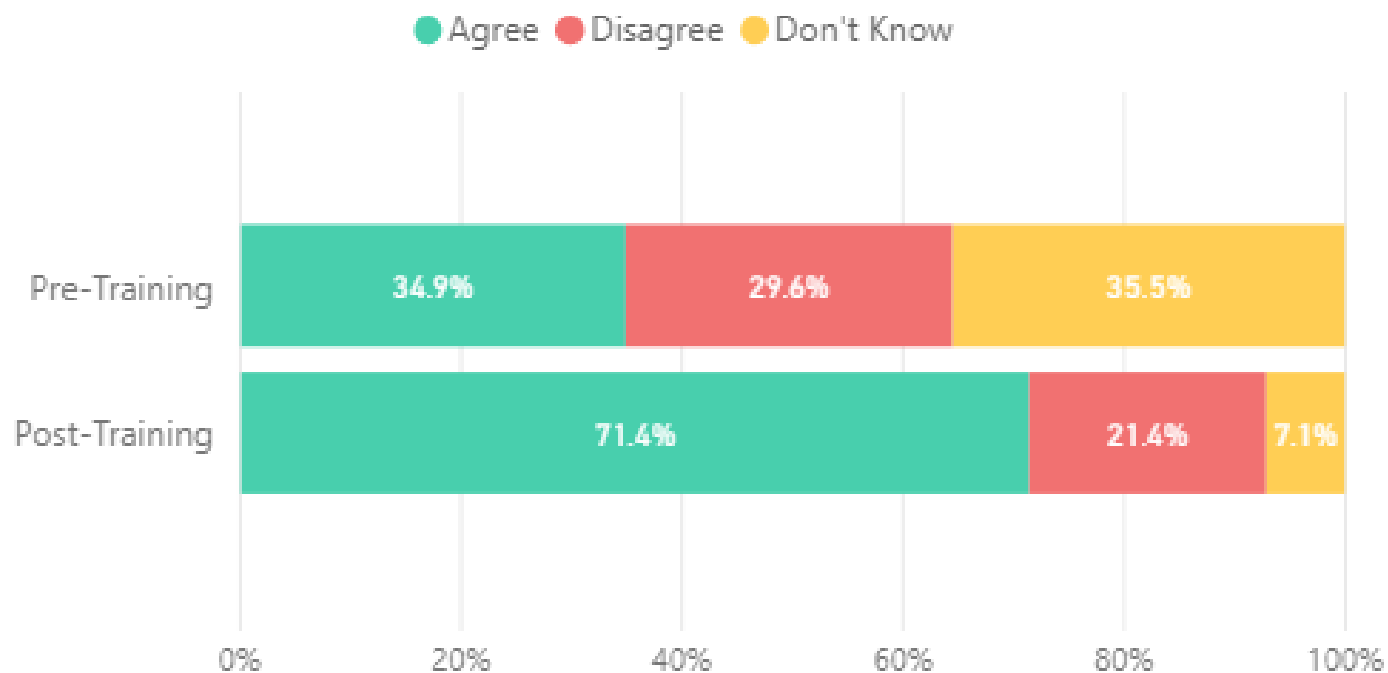
"After doing the standard MHFA course, I felt that I gained applicable knowledge and skills in dealing with a spectrum of mental health issues and related crises. I highly recommend this course as it challenges the conventional myths surrounding mental health and adequately equips the person with the necessary first aid skills to deal with everyday life situations even at the workplace."

Post training research

After 6 months from completion of the course 15% of the participants have /are also been/being asked if and how they used / applied the knowledge and skills related to mental health first aid (teachers with students), managers and supervisors (with young employees).

The post training has been carried out with the managers. The one with the youth leaders is taking place now. The research with educators will take place July to December.

Antidepressants are an effective treatment for most anxiety disorders



Helped someone after attending MHFA Training



Ways of offering help	Post-Training
Gave information about where professional help can be sought	40.0%
Suggested to get professional help	33.3%
You heard them out	20.0%
Introduced them to someone who you felt can help	6.7%

A longitudinal study over 3 years till year 2022



will also be carried out with the same 15% sample of the participants. The aim is to analyse the short to medium term impact and use of the training - tracking how they used the knowledge and skills related to mental health first aid.

Results up to 2018

Target Groups:	Completed MHFA course
Youth Leaders	51
Managers and Supervisors	133



Results as at end April 2019

Target Groups	Completed MHFA course
Post secondary Educators	51
Secondary Schools Educators	185
Youth Leaders	67
Managers and supervisors	151
Students aged 13 – 15 years old	300
Students aged 16 – 18 years old	32

Sustaining Youth Mental Health First Aid
beyond the project time frame:

The training will now be offered against a **fee**.

Richmond will be advocating for a Government
fund to subsidize the training fee for the courses
taken by educators and youth workers

Richmond is revamping its **programme for
companies** and will encourage companies to
train their people in mental health first aid.
Healthy minds @ work

Sustaining Youth Mental Health First Aid beyond the project time frame:

Richmond is exploring the possibility of sustaining the **research aspect** (pre and post training) beyond the project time frame.

Richmond is producing **more learning videos**. The videos will be used to offer the course in blended format (face to face plus online).