Application Form Guidance

Please ensure you have read the Application Criteria document before completing your application.

1. What does the term ‘mental health’ mean to you?

(if applying for a Youth programme please consider this in a youth context)

**We would like you to share your knowledge and understanding of Mental Health before the start of the course.**

2. What are your personal/professional experiences in the field of mental health, including any relevant qualifications?
(if applying for a Youth programme please consider this in a youth context)

**Qualifications +/or experience in the field of Mental Health are desirable for the MHFA training programme. If you do not have qualifications or professional experience in Mental Health we feel it is essential that you are able to demonstrate some knowledge, skills or understanding in this area, and explain your motivation for becoming an MHFA instructor**

3. What other experiences/qualifications do you have that would enable you to effectively conduct training sessions?

**Please note that during the programme you will be asked to deliver and facilitate training sessions and you will be assessed by the National Trainers. Please provide details of your experience +/or qualifications delivering learning / training / presenting or teaching to demonstrate your competence in this area.**

4. If you are planning to deliver the course as an independent trainer how do you plan to market yourself?

**This question is to ensure that you have considered a delivery plan as an independent instructor.**

**MHFA does not guarantee any work to our instructor network and it will be up to the individual instructor to arrange and promote their own courses. It is important that anyone considering becoming an MHFA instructor does their own research and planning to gauge the local demand and earning potential.**

5. What are the key skills needed to be an effective MHFA instructor?

**Please give examples that demonstrate the following skills**

* **Interpersonal**
* **Communication**
* **IT skills**
* **Ability to give and receive feedback**
* **Resilience**
* **Ability to deal with challenging situations**
* **Commitment to MHFA’s vision, mission and values**

6. What would you do if during one of the MHFA training sessions you are running, a participant becomes distressed or approaches you about their personal mental health issues?

If applying for Youth MHFA Instructor Training, what would you do if a participant becomes distressed and discloses that they are concerned a young person they know is at risk of being abused?

**The content of our courses may be distressing for some delegates. By creating a safe environment on MHFA courses delegates will often disclose their own experiences, we would therefore like you to demonstrate how you would manage this both personally and professionally. Please consider how you would support the individual whilst facilitating the group.**

7. Please provide details of any other skills or experience that may be relevant