

**No participants trained to date 700**

all numbers are in %  
please note the coments on some of the cells

	not true	some what true	neither	mostly true	true
As a result of the workshop I feel better prepared to help someone in mental distress	1.43	0.89	4.45	27.41	64.77
How did you rate the MHFA training	0.36	1.25	4.45	20.29	73.67
I would recommend this training to others	0.54	1.07	3.74	14.59	80.08

Capacity in which participants attend	work	volunteer	personal
	82.79	14.9	6.58

Participants worked/volunteered for	mental health	41.01	police/justice	0
	physical health	6.39	pastoral care	1.36
	education	8.9	service industry	1.74
	HR	0.97	sport/recreation	0.58
	counselling	3.49	defence	0
			other	42.17

helping experience	0	1	2 5	6 15	>15
	6.58	5.23	33.08	14.51	47.59

feeling of preparedness to help someone in mental distress	not prepared	some what prepared	partly prepared	mostly prepared	fully prepared
	5.81	17.03	29.6	27.86	19.73

previous training	yes	no	few hours	few days	more
	57.64	41.78	18.19	15.28	24.38

**Participants comments**

every employer/manager should do this.  
Everyone should do it to heighten awareness.'  
Very interesting. Time flew'. 'The instructors ensured the course was enjoyable and relevant'

Everyone should do it', 'highly recommended'

Excellent-very informative

I knew nothing of mental health issues before this and now feel confident to help someone in mental distress.

'I think a lot more people should do this training to help them understand mental health.

better for people not yet working in mental health

I really enjoyed working with the group.

By doing this workshop I helped someone in

Rosa Treated everyone equally and with respect

2 days was useful.'

I've gained insight into mental health and feel confident to use the techniques I have learned'

I believe the training is of a very high standard and of great value.'

Very informative and useful'

The Best'

Have not obtained new knowledge/understanding.'

Michelle was great'

Both instructors were patient, did not have any info until night before, great to hear anecdotal evidence

Very knowledgeable, easy to understand, happy to answer questions, professional and friendly

I don't feel that the training did what it claimed to do.'

All participants encouraged to participate, a comfortable environment to learn, very well organised

Beneficial course which can be used in other situations', 'an excellent course well organised and well presented -very useful.'

Very encouraging, very respectful, very inclusive. Thank you'

More aware and confident to help and seek advice'

PowerPoint slides clear and concise, great venue, knowledgeable and friendly trainers, ALGEE simple and easy to remember, 12 is a good group size

Problems with sound on video clips. Seemed to be a lack of communication between instructors Very knowledgeable trainers.

Very informed, up-to-date technology, experience shown throughout

Extremely beneficial

Well managed, resources prompt, very approachable, very authoritative/informed, very respectful

Enlightening, adaptable, Good Support, Encouraged group debate

More video clips

Equipment and administration was good. Very

Thorough.

Topics well explained and clear, very

supportive, well organised, included everyone,

trainer responded well to needs of the group

Trainer kept an open mind, trainer inspiring, clearly presented

Training and content perfect

Easy to understand, instructors very understanding and respectful of our feelings