

# Mental Health First Aid in the workplace: The MENTOR study

In November 2018 the University of Nottingham and the Institute of Occupational Safety and Health (IOSH) published the results of the MENTOR study.

M.E.N.T.O.R.  
Mental health first aid in The workplace



## Overview

This study investigated employees' views on the impact of Mental Health First Aid (MHFA) England training in their workplace.

Researchers surveyed:



**139** participants



from **81** organisations



and **20** industries across England in the:

- Private sector
- Public sector
- Third sector

## What the employees said

The survey asked participants what had changed in their workplaces as a result of MHFA England training. Here's what they had to say:



**Increased understanding**

**91%**

said there had been an increased understanding of mental health issues in their workplace



**Increased confidence**

**88%**

reported an increased confidence around mental health issues in their workplace



**More conversations**

**87%**

said more mental health conversations were happening at work



**Improved procedures**

**83%**

noticed an improvement in procedures for signposting to further support



**Supporting colleagues**

**78%**

said that employees trained in MHFA skills were supporting colleagues and **68%** said they were supporting people other than colleagues



**National events**

**68%**

said their organisation was taking part in national mental health events



**Decreased stigma**

**64%**

reported a decrease in the stigma surrounding mental health



**Comfort disclosing**

**60%**

felt more comfortable to disclose their own mental health issues



**Seeking help**

**59%**

reported an increase in help-seeking behaviour



**Disclosing experience**

**53%**

said that more colleagues were disclosing their own experiences of mental ill health

For more information on Mental Health First Aid England training in the workplace visit [mhfaengland.org](http://mhfaengland.org)

Find us on social media: search [@MHFAEngland](https://www.instagram.com/MHFAEngland)



MHFA England