

Setting the standard: One year of the Association of Mental Health First Aiders and what comes next

On 18 June 2025, MHFA England® celebrates one year of the Association of Mental Health First Aiders®. The Association is the country's first and only membership body dedicated to supporting the vital role of MHFAiders®.

Founded to deepen the positive impact of Mental Health First Aiders, the Association now represents one of the largest and most inclusive communities of its kind in England. Together members are transforming how we talk about and support mental health, in the workplace and beyond.

In one year alone, membership has grown to over 87,000 people, with more than 6,000 of them trained in Youth MHFA. It is one of the fastest growing membership bodies in the UK and has become a hub of connection, care, and continuous learning.

MHFA England believes that ongoing support is so vital that they offer membership for free with their MHFA and MHFA Refresher courses. They provide members with access to expert support and resources so that they can have life changing and life-saving conversations with confidence, skill, and care.

MHFA England's last MHFAider Insights Survey found:

- 91% believe that MHFAiders save lives, affirming the critical importance of their interventions
- 92% of MHFAiders say the support provided by MHFA England helps them carry out their role with confidence, skill, and care
- 94% believe they are helping to challenge stigma
- 83% say they are improving the mental health of their workplace

The Association's impact is already visible across organisations and sectors. At First Bus, driver Andy Wyatt has transformed conversations about mental health in his depot since completing his MHFA England training.

“Before I did the course, you never heard anyone talking about mental health. Now it's a daily conversation. People know I'm there to listen – not to fix things, but to support. It's the best thing I ever did.”

With long-term sickness, often driven by mental ill health, now the biggest contributor to economic inactivity in the UK, and workplace stress on the rise, ongoing mental health support isn't just a wellbeing issue, it's a national economic imperative.

After an incredible first year, MHFA England is turning its focus to how the Association will drive and set the standards for workplace mental health. This will include developing clear, evidence-based Mental Health First Aid standards to guide best practice across all sectors, and calling for Mental Health First Aid to be a legal requirement in every workplace – just like physical first aid.

MHFAiders will be a key part of this movement, but they won't be alone. This is a collective effort that will bring together employers, policymakers and advocates. A powerful alliance of leaders committed to transforming how mental health is supported at work. The insights, experience, and passion of our MHFAider community will help shape this future – but the responsibility lies with all of us.

As a not for profit social enterprise without shareholders, MHFA England creates mentally healthy workplaces where people, communities, and businesses thrive. The Association plays a crucial role in that mission, offering members access to exclusive resources including the MHFAider Support App®, expert-led webinars, peer networks, and lived experience insights that help MHFAiders feel supported long after training ends.

MHFA is one of the few workplace interventions to improve wellbeing and business outcomes. Over 20,000 organisations have trained their people in mental health knowledge, awareness and skills over the last 17 years. When implemented with consideration and ongoing support, as part of a whole organisation approach to workplace wellbeing it can be transformative for individuals and organisations. MHFA England believes now is the time to make it a part of every workplace.

Sarah McIntosh, Chief Executive at MHFA England, says

“One year on from launching the Association of Mental Health First Aiders, we've proven that connection, care, and community can transform how mental health is supported in our workplaces. But we're just getting started. The future of workplace mental health won't be built by one organisation alone – it will take all of us. MHFAiders, employers, policymakers, and leaders at every level.

“The Association is more than a membership. It's a movement. We want every MHFAider to feel equipped and empowered, and every employer to understand the value of sustained mental health support. We'll be calling on business leaders, regulators and policymakers to join us in embedding prevention, early intervention, and culture change into every workplace.

“Let's raise the standard. Let's mandate the change. Let's create a working world where mental health is protected, prioritised, and properly supported.”

Join the only membership community for MHFAiders. Together, we can build a society where everyone's mental health matters <https://www.aomhfa.org/>

ENDS

Notes to editors

- MHFA England CIC is a social enterprise, established in 2009
- MHFA England's vision is of a nation where everyone's mental health matters
- We work to create societal change so that we can all talk freely about mental health, because everyone should be able to offer and seek support when it's needed
- Together we create mentally healthy workplaces where people, communities, and business thrive
- To date, 1 in 35 (January 2025) of the adult population is trained in MHFA England knowledge, awareness, and skills
- MHFA England drives meaningful change and transforms workplaces across the UK by delivering inclusive, market-leading and evidence-based mental health training and consultancy
- MHFA England offers face-to-face, online, and digital training options to increase mental health knowledge, awareness, and skills, including the internationally licensed product, Mental Health First Aid and a range of training for managers
- Mental Health First Aid is the mental health equivalent of physical first aid training. It provides people with the skills and confidence to recognise the signs and symptoms of common mental health conditions; start a conversation; and effectively guide a person towards the right support, be that self-help or professional services. It isn't a replacement for professional medical advice and support
- MHFA England uses its expertise in workplace mental health to support and advise employers on creating cultures where wellbeing and productivity flourish
- Its consultancy approach is tailored to suit the needs of the organisation and its people, working collaboratively, building on strengths, and recommending areas for improvement
- MHFA England extends its reach through subsidised training to the NHS and community groups that support young people
- Anyone who trains to be a Mental Health First Aider with MHFA England can become part of the Association of Mental Health First Aiders
- The Association of Mental Health First Aiders is the only membership body of its kind. It is transforming how we talk about and support mental health in the workplace and beyond

- MHFA England provide members with exclusive access to a wide range of resources, from ongoing training and qualifications to events and research
- More information about MHFA England and our courses can be found at [**mhfaengland.org**](https://mhfaengland.org) or by emailing [**info@mhfaengland.org**](mailto:info@mhfaengland.org)