



Date: 14/01/2025
Our ref: 01/FOI/24/013780/W

FREEDOM OF INFORMATION REQUEST REFERENCE NO: 01/FOI/24/013780/W

I write in connection with your request for information dated 09/12/2024, received by Greater Manchester Police (GMP) for the following information:

Could you please provide further details as to exactly what topics have been covered by GMP's REACT and Mental Health First Aid training courses since 2021?

Result of Searches

Following receipt of your request searches were conducted within Greater Manchester Police (GMP) to locate information relevant to your request. I can confirm that the information you have requested is held by GMP.

REACT is a session which looks at trauma and how to have a supportive conversation with someone. It considers type 1 and type 2 trauma and moral injury. It then explores the following:

- Recognise signs & symptoms
- Engage in conversation
- Actively listen
- Check risk
- Talk through options.

Mental Health First Aid (MHFA) is the MHFA England accredited course which, as well as skills such as listening skills, empathy etc and self-care, covers:

- Anxiety
- Trauma
- Self-harm
- Eating disorders
- Substance misuse

- Depression
- Suicide
- Psychosis
- Recovery

It provides people with the skills and confidence to support people in a crisis situation by applying the MHFA action plan.