



Vas Hirani

Qualified to deliver:

- MHFA Adult
- MHFA for Managers
- MHFA Skills for Managers
- MHFA Adult Champion
- MHFA Adult Refresher
- MHFA HE (Higher Education)
- SFA USI (Understanding Suicide Interventions) Adult and Youth
- NCSPET National Trainer Accreditation
- SFA Aware/ Lite, Adult and Youth



Experienced in delivering to:

Primary and Secondary Health Care, Wellbeing Consortia, Mental Health Services, Specialist Hospitals and Hospices	Charity Sector, NGO's, CAB, Faith Based and Grass Roots Groups, BAME and Disability Consortia	Governing Bodies, Sport, Arts, Safeguarding, Mental/Health, Development and Regeneration Consortia
Early Years, Higher and Further Education, Special Needs Colleges	Local Authorities, Social Care, Children Services, Emergency Services and Housing Associations	Corporate: Business, IT, Finance, Transport, Logistics, Manufacture, Justice, and HMP and Probation

About Vas

BSc (Hons) Psychology, MSc Occupational and Organisational Psychology

Vas has extensive experience spanning four decades in the psychosocial field, both in the UK and internationally. Throughout her career, Vas has held diverse roles including Director, Head of Service, Trustee and Project Manager, and has also engaged in capacity building, mentoring, and pro-bono work. Her professional journey has encompassed various occupational sectors and disciplines, resulting in a broad and interconnected knowledge base and a versatile, inclusive approach to her work. Vas has learned from and served within VCS/Charity/NGOs, Governing Bodies, Secondary/Further/Higher Education Institutions, SEND and Disability sectors, Faith-Based organisations, Local Authorities, Housing Associations, Primary and Secondary Health Care, Children's Services, Commercial, and Transport sectors. Commissions include roles with C3 (Collaborating for Health), The Bridge Renewal Trust, Federated 4 Health, UCL, Poplar HARCA, Streets Ahead, Area 52, Haringey Children's Safeguarding Team, Mind, CiP, Sure Start Children's Centre's and local authorities including Enfield, Tower Hamlets, Southwark, and Surrey, Buckinghamshire, Hampshire and Hertfordshire County Councils.

Having worked across a complexity and diversity of communities, with different age groups and abilities, there is a constant source of motivation and inspiration for Vas, striving always to ensure the learning is relatable, accessible, and safe.

Vas is currently an Associate Trainer with MHFA England, National and Instructor Trainer with NCSPET (National Centre for Suicide Prevention Education and Training), The Jen Group, Brunel University, West Central London Mind (Allkind), and an Alban Education Expert with Alban TSH-Teaching School Hub.

Vas's training portfolio also includes Safeguarding Children, Vulnerable Adults and SEN training, Gender-Based Violence, Coercive Control workshops, Gambling, Addiction, Dual Diagnosis, Making Every Contact Count (MECC) for Alcohol and Food-Fuel-Finance Poverty, De-escalation, and bespoke Training and Consultancy work.

Learner comments

"Vas exceeded expectations and has shown a wealth of knowledge relating to mental health as well as a confident facilitation style. She has a calming presence with participants, keeping them relaxed when discussing highly emotive topics". **Raven Pratt (Head of Student Wellbeing, Brunel University)**

"I greatly enjoyed the course, gaining valuable insights that altered my approach to various aspects of Mental Health. Though challenging, the instructor was excellent, providing crucial support. Since the initial 2-day course, I've stayed current through half-day refresher training. MHFA training enables me to serve as a Mental Health First Aider at work, supporting colleagues in a safe environment, especially during challenging times like COVID. Beyond work, the training improved my connections with family and friends, fostering self-kindness. These reflections highlight MHFA's rewarding impact on my small yet important world".

Hansa Parmar (Principal Product Manager - Zone Digital)

"The course made me think of mental health differently and provided practical guidance. Vas built an environment where people felt safe to interact and share comfortably. Her experience and passion were present throughout the course. Skills for Life. Thank you"

Puspa (Project Manager, Justice Sector)

I found the course to be highly informative and so relevant to my work as an educator working with young people in schools, in my personal life, and my interactions with friends and relatives. I feel much more confident with my knowledge of a range of mental health conditions and behaviours and now feel I have a practical and very applicable strategy through ALGEE to initiate and support someone with mental health challenges.

Educator, Alban Teaching Hub

"The MHFA 2-day course, facilitated by Vas, proved to be invaluable for our multi-disciplinary team. As we began incorporating social prescribing into our Housing Association community work, attending this course provided us with a solid foundation. It equipped us with the necessary skills to identify signs of mental ill-health and respond empathetically and knowledgeably. Vas's teaching style was exceptional, as she navigated emotional subjects with truthfulness and gentleness. Her extensive experience working with diverse communities allowed her to make the material relevant and accessible to individuals from various cultural and ethnic backgrounds. This course has greatly enhanced our team's ability to collaborate effectively and provide holistic support to those we serve and each other"

Tessa Dugmore (Programme Manager, Resilience Fund, Smallwood Trust and Poplar HARCA)