



Instructor Member spotlight:
Bianca Jones



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This month we take an in-depth look at the work of one of our Instructor Members, Bianca Jones.

Bianca Jones is a [qualified MHFA England Instructor Member](#) and an MHFA England Associate, delivering the full adult range of courses online and face to face. She is also a qualified Youth MHFA Instructor and an active member of the CIPD, specialising in learning and development.

After a long and traumatic birth Bianca developed post-natal depression, anxiety and her relationship with her partner broke down. She was made redundant from a senior management role while on maternity leave and was left feeling very isolated. Her mental health was suffering and at the worst point, she experienced thoughts of not wanting to be here anymore.

Bianca moved to be near family and friends and started Talking Therapy, *cognitive behavioural therapy* (CBT) and *eye movement desensitization and reprocessing* (EMDR) therapy, all of which helped her recovery, as did joining some local baby groups.

After this life-changing experience Bianca wanted to help others feel empowered and inform them of the resources and support that exists at the preventative stage. She was also mindful of the gaps in the system around prevention, awareness and knowledge, having a close family member who suffered from Schizophrenia.

Bianca used the Ikigua Model to help rebuild her life, as well as utilising her previous career experience of training and facilitating. She undertook a CIPD qualification and applied to MHFA England. She pursued the Instructor Training Programme because our work resonated with her, particularly the synergy between MHFA England's mission and her own values. She has started her own company, Empower Develop People Training (EDP), which is what she continues to do successfully today.

Since 2017, using her own lived experience of depression, Bianca has delivered authentic training to over 3000 people in MHFA England skills and awareness – and has run many other wellbeing and mental health courses.

Bianca loves her work, “I learn and grow from the delegates on every course I facilitate. I feel very lucky to be a part of the MHFA England family. I am also very proud to be associated with the great work MHFA England do and are continuing to do around racism and mental health.”

Bianca’s personal mission is working with Black people and People of Colour to help improve knowledge and reduce the negative thoughts and stigma associated with mental health. She wants to encourage more open and positive conversations and impact the language used in regard to poor mental health.

Over the last year she has been helping companies understand racism and how it presents in the workplace. She has been delivering Cultural competence Mental Health Training to workplaces as well as BAME Empowerment Sessions around taking control of our own Wellbeing.

Bianca has lots of aspirations for the future. “I want mental health services to be more pro-active and for everybody to freely talk about their own mental health. Fair access to information, knowledge and training is vital for everybody.”