

# Mental Health First Aid

<b>Accreditation</b>	MHFA
<b>Course duration</b>	2 Days
<b>Certificate valid for</b>	Never expires

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## Who should attend

Any person who wishes to learn more about mental health issues or who, in their course of work, are required to support the workplace and its employees by providing mental health guidance, advice and early recognition of signs or symptoms relating to mental health. This course is also suitable for anyone currently working in mental health or are supporting people within their personal lives.

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## Course information

### Overview

This two day course qualifies you as a Mental Health First Aider, giving you:

- An in-depth understanding of mental health and the factors that can affect wellbeing
- Practical skills to spot the triggers and signs of mental health issues
- Confidence to step in, reassure and support a person in distress
- Enhanced interpersonal skills such as non-judgmental listening
- Knowledge to help someone recover their health by guiding them to further support - whether that's self-help resources, through their employer, the NHS, or a mix

### Course Content

Over this two day course, the following will be covered;

#### Session 1

- Why Mental Health First Aid?
- The Mental Health First Aid action plan
- What is mental health?
- Impact of mental health issues
- Stigma and discrimination
- What is depression?
- Symptoms of depression
- Risk factors for depression
- Depression in the workplace

#### Session 2

- Suicide figures
- Alcohol, drugs and mental health
- First aid for suicidal crisis
- Non-judgmental listening skills
- First aid for depression

- Treatment and resources for depression
- Self-care

### Session 3

- What is an anxiety disorder?
- First aid for anxiety disorders
- Crisis first aid after a traumatic event
- Alcohol, drugs and anxiety disorders
- Treatment and resources for anxiety disorders
- Cognitive distortions and CBT
- Personality disorders
- Eating disorders
- Self-harm

### Session 4

- What is psychosis?
- Risk factors for psychosis
- Alcohol, drugs and psychosis
- Schizophrenia
- Bipolar disorder
- Warning signs of developing psychosis
- Crisis first aid for acute psychosis
- Treatment and resources for psychosis
- Recovery and building resources
- Action planning for using MHFA

### Learner Numbers

In order to ensure the interaction between the learners and the tutor is spread evenly and effectively, the maximum number of learners allowed on a course is sixteen.

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### Assessment

Learning takes place through a mix of presentations, group discussions and workshop activities.

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### Certification

Upon successful completion, all learners will receive a certificate of attendance to say you are a Mental Health First Aider.

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### More details

All successful learners will receive a mental health action plan reference card, a manual and a helpful toolkit.