

# Mental Health First Aider



Duration: 2 days



Maximum group size: 16 people

## Course overview

Developed by MHFA England, this two-day course qualifies delegates as mental health first aiders. Delegates will get a deep understanding of what mental health is and what factors can affect wellbeing. The course teaches delegates practical skills to spot the signs of mental illness and gives them the confidence to step in and support a person who needs assistance.

Upon completing the course, delegates will become certified mental health first aiders in the workplace and can help colleagues with a mental health issue receive the support they need to recover or manage their symptoms.

## Who would benefit from attending?

This course is suitable for those who want to gain the necessary skills to have a non-judgmental conversation, recognise the signs and symptoms of common workplace mental health issues and effectively guide a person towards the right support.

## Core development objectives covered

- Why Mental Health First Aid?
- What is depression?
- What is mental health?
- The impact of mental health issues
- Stigma and discrimination
- The Mental Health First Aid action plan
- How to respond if you believe someone is at risk of suicide.

- How to give immediate help until professional help is available.
- What to say and do in a crisis.
- The importance of good listening skills.
- Practice listening and responding
- Understanding depression.
- How to offer mental health First Aid to someone experiencing depression.
- Understanding anxiety.
- How to offer mental health First Aid to someone experiencing anxiety.
- Understanding psychosis.
- How to offer mental health First Aid to someone experiencing a psychotic episode.
- Understanding the connection between mental health problems and alcohol and drugs.
- Understanding the connection between mental health problems and discrimination.
- Understanding recovery from mental health problems.



Want to tailor the content of this workshop and incorporate internal procedures, competency framework, organisational values & work-related challenges?

Get in touch with one of our Learning & Development Managers – 01623 409 824 • [info@futureproof-training.co.uk](mailto:info@futureproof-training.co.uk)