

# Mental Health First Aid Two Day course



## What is it?

The Mental Health First Aid Two Day course from MHFA England teaches people to recognise the signs that someone may need support with their mental health and offer help on a first aid basis.

By applying their training, a Mental Health First Aider can help colleagues who may be experiencing a mental health issue to access the support they need for recovery.

A trained Mental Health First Aider in your workplace can start productive conversations about mental health, be a role model for how to manage mental health, promote greater understanding of the importance of mental health, and play a significant part in ending stigma and discrimination around mental health in the workplace.

## Who should attend this session?

Anyone who would like to support colleagues facing mental health issues, and improve understanding and attitudes towards mental health in the workplace.

## Who will you be learning from?

Our course tutors have completed the licensed MHFA England Instructor Training programme accredited by the Royal Society for Public Health.

## Benefits

At the end of the course, you will have a greater understanding of mental health and wellbeing and will be able to recognise common triggers of mental ill health and signs that someone may need support. You will develop non-judgemental listening skills along with the confidence to reassure and support a person who may be experiencing mental ill health and guide them to source of further support for recovery.

## Mental Health First Aid Two Day course



### Course Structure

#### 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-judgemental 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.

#### At a training centre:

- These courses are taught face-to-face by our highly qualified and experienced educators in a comfortable, well-equipped classroom
- For many people, taking time out of their workplace allows them to focus on the subject
- Comprehensive, high quality course notes are available for learners to take away
- Within the classroom environment, learners with diverse experiences can interact with each other.

#### In your workplace:

- We visit your organisation and deliver face-to-face training at your site
- Perfect for when people can take time out of their day jobs, yet need to remain close enough to deal with any emergencies
- Expert educators teach your people in familiar surroundings, so there are no travel and accommodation costs
- We provide comprehensive, high quality course notes for learners to take away.

#### Learning outcomes

By the end of the course, learners will be able to:

- Recognise the symptoms of mental ill-health
- Provide initial help
- Guide the person towards appropriate professional help
- Be mindful of their own wellbeing.