

Mental Health First Aid

2 Day

Mental Health First Aid is a 2-day in-depth mental health awareness course, approved by the Royal Society for Public Health (RSPH). On completion of this training, candidates are certified as 'Mental Health First Aiders'.

Mental Health First Aiders have:

- 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-judgemental listening
- Knowledge to help someone recover their health by guiding them to further support e.g. Employee Assistance programme, self-help resources or the NHS

What to expect:

- Learning takes place through a mix of presentations, group discussions and workshop activities
- Course is built around the Mental Health First Aid Action Plan
- Numbers are limited to 16 people per course

Everyone who completes the course will receive:

- A certificate to say they are a Mental Health First Aider
- A Mental Health First Aid manual to refer to whenever they need it
- A Mental Health First Aid workbook
- An MHFA Action Plan 'Z card'

A recent study based on our own feedback from course delegates following various Mental Health First Aid courses found:

- 100 % of respondents rated this course as either good or very good
- 94% average increase in *knowledge and understanding* of how best to support others*
- 74% average increase in *personal confidence* of how best to support others*

Contact:

For more information on our services and pricing, please call 0121 271 0550 or email info@altruistuk.com



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*114 delegates were asked to rate their ability in supporting others on a scale of 0-10 before and after the course (0 – lowest, 10 – highest)

Mental Health First Aid Course Outline

2 Day

Duration: 2 Days

Section 1

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

Section 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

Course Feedback

"I cannot recommend this course highly enough. I can state, without fear of contradiction that genuine, tangible lessons were learned. An excellent service." **Antony Walker, Health & Safety Manager, Acivico**

Section 3

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

Section 4

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

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