

# Mental Health First Aid

1/2  
Day

Mental Health First Aid Half Day is a 4-hour introductory mental health awareness course, approved by the Royal Society for Public Health (RSPH). On completion of this training, candidates are certified as 'Mental Health Aware'.

## Why should your organisation take the Mental Health First Aid Half Day course?

- One in five employees take a day off work because of stress (Mind)
- One in three people have experienced mental health issues at work (CIPD)
- Mental ill-health is costing employers £1,500 per employee per year (all employees, not just those who are ill. Thriving at Work Review)

## The course is designed to give:

- An understanding of what mental health is and how to challenge stigma
- A basic knowledge of some of the common mental health issues
- An introduction to looking after your own mental health and maintaining wellbeing
- Confidence to support someone in distress or who may be experiencing a mental health issue

## What to expect:

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

## Everyone who completes the course will receive:

- A Mental Health First Aid manual to refer to whenever they need it
- A workbook including a helpful toolkit to support their own mental health
- A certificate of attendance to say they are Mental Health Aware

## Contact:

For more information on our services and pricing, please call 0121 271 0550 or email [info@altruistuk.com](mailto:info@altruistuk.com)



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# Mental Health First Aid Half Day Course Outline

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**Duration: 4 hours**

## Section 1

- What is mental health?
- Mental health continuum
- Factors which affect mental health
- Stigma and discrimination
- Stress and stress management
- Spotting signs of distress

## Section 2

- Mental health conditions such as Anxiety Disorders and Depression
- Recovery
- Take 10 Together - starting a supportive conversation
- Supporting mental health in the workplace
- Useful statistics
- Helpful resources

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