

Mental Health First Aid

2 day course

What is Mental Health First Aid?

Mental Health First Aid (MHFA) is an internationally recognised training course, designed to teach people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis.

Everyone on an Adult MHFA course is taught a set of skills which enables them to support someone experiencing mental health issues.

Mental Health First Aiders are an asset to any business - they 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

What's in the course?

Our MHFA training is delivered over 2 days in four manageable sections, each with a focus on how to apply Mental Health First Aid skills:

- Mental Health First Aid, mental health, and depression.
- Depression (cont.) and suicidal crisis.
- Anxiety, personality disorders, eating disorders and self-harm.
- Psychosis, schizophrenia and bipolar disorder.

Please see over the page for details

What are the benefits?

Having trained Mental Health First Aiders within your workforce...

- Raises awareness and mental health literacy
- Reduces stigma around mental ill health
- Helps to guide people towards appropriate support
- Boosts knowledge and confidence in dealing with mental health issues
- Encourages people to start a conversation with a person who may be experiencing a mental health issue
- Promotes early intervention which enables recovery
- Promotes wellbeing within your workforce and improves company culture



MHFA England

Course Duration

2 days

Please bring...

An open mind and a willingness to discuss difficult topics

Key facts

Employers have a duty to ensure the health and safety at work of their employees - this includes mental health.

Publications

All attendees will receive a copy of the MHFA manual and workbook, which are both excellent support resources.



Visit www.hcssafety.co.uk for dates and prices

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Day 1 - Session 1	Day 2 - Session 1
Why Mental Health First Aid?	What is an Anxiety Disorder?
The Mental Health First Aid Action Plan	First Aid for Anxiety Disorders
What is Mental Health?	Crisis First Aid after a Traumatic Event
Impact of Mental Health Issues	Alcohol, Drugs and Anxiety Disorders
Stigma and Discrimination	Treatment and Resources
What is Depression?	Cognitive Distortions and CBT
Symptoms of Depression	Personality Disorders
Risk Factors for Depression	Eating Disorders
Depression in the Workplace	Self Harm
Day 1 - Session 2	Day 2 - Session 2
Suicide Figures	What is Psychosis?
Alcohol, Drugs and Mental Health	Risk Factors for Psychosis
First Aid for Suicidal Crisis	Alcohol, Drugs and Psychosis
Non Judgemental Listening Skills	Schizophrenia
First Aid for Depression	Bipolar Disorder
Treatment and Resources for Depression	Warning Signs of Developing Psychosis
Self-Care	Crisis First Aid for Acute Psychosis
	Treatment and Resources for Psychosis
Review and feedback from day 1	Recovery and Building Resources
	Action Planning for using MHFA



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