

Who should attend?

The course is for anyone who may come into contact with a person with a mental health problem either in their workplace or life outside of work.

It is appropriate for carers (formal and informal) and for people who have experienced a mental health problem.

The course is ideal for::

- Support workers
- Employers/Managers/Human Resources
- Social services/Healthcare workers
- Benefits/Housing advisors
- Receptionists/Administrators
- Police/Correctional staff
- Youth workers
- Older peoples services

Anyone else who may have an interest in mental health.

Contact



MindWorks Training

- Reduce sickness absence costs by teaching staff how to effectively deal with stress in the workplace
- Improve productivity and decrease stress levels by learning how to work smarter.
- Handle difficult situations more effectively by learning in greater detail about mental health, and how it affects ourselves and others.



Mental Health First Aid

Mental Health First Aid (MHFA) is perfect for those wanting to know more about mental health and how it affects others, or as an extension to standard First Aid programmes.

Course Aims

- Preserve life where a person may be a danger to themselves.
- Provide help to prevent the mental health problems developing into a more serious state.
- Promote recovery of good mental health.
- Provide comfort to a person experiencing mental ill health.
- Raise awareness of mental health issues in the community.
- Reduce stigma and discrimination.

MHFA Course Outline

Section 1:

- What is mental health first aid?
- Impact and costs of mental health problems.
- The five steps of mental health first aid.
- Risk and protective factors
- What is depression?
- Alcohol, drugs and depression

Section 2:

- Suicide in England
- How to help someone who is suicidal
- Listening non-judgementally
- First aid for depression
- Treatment and resources for depression
- Self care



Section 3:

- What is anxiety?
- Alcohol, drugs and anxiety disorders
- Crisis first aid for panic attacks and acute stress reaction
- Some common thinking distortions
- Treatment and resources for anxiety
- Self-harm
- Eating disorders

Section 4:

- What is psychosis?
- Understanding psychosis
- Schizophrenia and bipolar disorder
- Recovery from psychosis
- Crisis first aid for acute psychosis
- Treatment and resources for psychosis
- Action planning for using MHFA



“Mental Health First Aid is a 2 day/12 hour course that provides an overview of common mental health problems, causes, symptoms and treatments.”

