

## Datasheet – Adult Mental Health First Aid Training

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**The Adult MHFA course is an internationally recognised course. On completion, you will be able to :**

- **Recognise the symptoms of mental health issues**
- **Provide initial help**
- **Guide a person towards appropriate professional help**

MHFA won't teach you how to be a therapist, but once you've completed the two-day course you will be able to say you're a Mental Health First Aider.

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### **ADULT MENTAL HEALTH FIRST AID TRAINING COURSE (2-DAY)**

#### **FORMAT OF THE COURSE**

The Adult MHFA course usually takes place over two full days and the sessions are a mix of presentations, discussions, and group work activities. We provide a safe learning environment and are trained to support you throughout the whole course, as such if you don't feel comfortable joining in certain parts, then there is no pressure to.

Due to some of the sensitive subjects of our courses, we limit numbers to 16 people. We want everyone to feel safe and our instructors can help if people find some parts particularly difficult.

#### **COURSE OUTCOMES**

In each section you'll learn how to:

- Spot the early signs of a mental health issue
- Feel confident helping someone experiencing a mental health issue
- Provide help on a first aid basis
- Help prevent someone from hurting themselves or others
- Help stop a mental health issue from getting worse
- Help someone recover faster
- Guide someone towards the right support
- Reduce the stigma of mental health issues
- Be mindful of your own wellbeing

#### **ASSESSMENT**

Everyone who attends the course receives a copy of the MHFA materials, which are excellent support resources. When you have completed the course, you will receive a certificate confirming that you are a trained Mental Health First Aider.



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## COURSE STRUCTURE

Day 1

AM Session:

- 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

PM Session:

- Suicide figures
- Alcohol, drugs and mental health
- First aid for suicidal crisis
- Non-judgmental listening skills
- First aid for depression
- Treatment and resources for depression
- Self-care
- Homework

Day 2

AM Session:

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

PM Session:

- 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

## PREREQUISITES

The course is for everyone aged 16 and upwards and you don't need any qualifications or experience in mental health to take part.



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