



MHFA England



One-day Workplace Mental Health First Aid course

The one-day mental health awareness and skills course qualifies you as an **MHFA Champion**.

MHFA Champions have:

- An understanding of common mental health issues
- Knowledge and confidence to advocate for mental health awareness
- Ability to spot signs of mental ill health
- Skills to support positive wellbeing

Numbers are limited to a minimum of 8 and maximum of 16 people per course so that the instructor can keep people safe and supported while they learn.

The course is delivered via a mix of group activities, presentations and discussions. Each session is built around a Mental Health First Aid action plan.

Everyone who completes the course gets an MHFA Workplace manual and workbook to keep and refer to whenever they need it. Attendees also receive a Certificate of Attendance and a badge to say they are a MHFA Champion.

You'll also get a copy of the Line Managers' Resource, an invaluable source of advice on how to support an employee experiencing mental ill health.

| Session 1 – am | Session 2 - pm |
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| <ul style="list-style-type: none"> • About Mental Health First Aid • About mental health and stress in the workplace • Stigma and discrimination • Depression • Anxiety disorders • Other mental health issues (eating disorders, self-harm, psychosis) • Early warning signs of mental ill health • Alcohol, drugs and mental health | <ul style="list-style-type: none"> • Applying the Mental Health First Aid action plan • Action 1: Approach the person, assess and assist with any crisis • Suicide • Action 2: Listen and communicate non-judgementally • Action 3: Give support and information • Action 4: Encourage the person to get appropriate professional help • Action 5: Encourage other supports • Recovery • Building a mentally healthy workplace • Action planning for using MHFA |

For more information or to enquire about a workshop, contact Deborah on 07804 247372 or email deborah@wrightmindtsl.co.uk