



MHFA England



Two-day Adult Mental Health First Aid course

The two-day Adult MHFA course qualifies you as a **Mental Health First Aider**.

Mental Health First Aiders 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 - whether that's self-help resources, through their employer, the NHS, or a mix

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 receives a MHFA manual and workbook to keep and refer to whenever they need it. Attendees also receive a Certificate of Attendance showing they are a Mental Health First Aider.

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| <p>Session 1 (Day 1 – am)</p> <ul style="list-style-type: none"> • 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 | <p>Session 2 (Day 1 – pm)</p> <ul style="list-style-type: none"> • Suicide figures • Alcohol, drugs and mental health • First aid for suicidal crisis • Non-judgemental listening skills • First aid for depression • Treatment and resources for depression • Self-care |
| <p>Session 3 (Day 2 – am)</p> <ul style="list-style-type: none"> • What is an anxiety disorder? • First aid for anxiety disorders • Crisis first aid after a traumatic event • Alcohol, drugs and anxiety disorders • Treatment and resources for anxiety disorders • Cognitive distortions and CBT • Personality disorders • Eating disorders • Self-harm | <p>Session 4 (Day 2 – pm)</p> <ul style="list-style-type: none"> • 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 |

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