

Adult Mental Health First Aid 2 Day Course

Who is it for?

Individuals and Managers (Anyone aged 16 and upwards)

Overview:

This training course aims to give you an understanding of issues that impact on, and relate to, people's mental health. It will enable you to recognise the signs and symptoms of mental health issues, provide initial help and guide a person towards appropriate professional help.

Mental Health First Aid (MHFA) is an internationally recognised training course. You will be taught a set of practical skills which enables you to support someone experiencing mental health issues. The skills you acquire from an Adult MHFA courses can be used to support everyone - friends, family, work colleagues and members of your community. Once you have completed the two-day course you will be able to say you are a Mental Health First Aider.

Aims & Objectives:

The training has been designed to fit into four manageable sessions, each with a focus on how to apply Mental Health First Aid Skills.

These are:

- ✓ 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

Timings:

The course takes place over two full days, usually 1 week apart (09:30 - 16:30 with breaks)

Format:

The sessions are a mixture of presentations, discussion and fun group work activities.

Everyone who attends the course will receive a copy of the MHFA manual and workbook, which are both excellent support resources. When you have completed the course you will also receive a certificate to confirm you are trained as a Mental Health First Aider.

The training is for up to 12 delegates with a minimum of 8, and delegates must attend both days.

Please Note: The courses can be quite emotive in nature, so it is important to be aware that it could evoke some emotional feelings. Our instructors provide a safe learning environment and are trained to support you throughout the course.