



Mental Health First Aider

Course Aim

To provide delegates with knowledge that will enable them to recognise common triggers, signs and symptoms of poor mental health, provide the appropriate guidance and support when needed, and support employers by contributing to a mentally healthier working environment.

Who Should Attend?

Those who have been identified by their employer to provide support to colleagues, as well as anyone wishing to learn more about recognising & understanding common mental health issue and how to support and guide colleagues, family and friends.

Course Duration

This is a 2-day course.

Certification

Upon successful completion delegates will be awarded a certificate of achievement.

Agenda

During this highly interactive 2 day course, delegates will learn about:

- The language
- Assumptions and stigmas surrounding mental health
- Common triggers
- Contributing factors
- Enhanced inter-personal skills
- An in-depth understanding of common mental health conditions, (including stress, depression, anxiety disorders, self-harm, eating disorders, substance abuse, bi-polar, psychosis and suicide)
- The skills needed to approach and assist someone, including during times of crisis and the knowledge to help, guide and support someone through to recovery within the parameters of the role