



St John Ambulance - Mental Health: Workplace First Responder - 1 Day



Agenda

- What is mental health?
- What is the difference between a mental health episode, crisis and condition?
- Factors that affect our mental health
- The mental health continuum
- Roles and responsibilities of a Mental Health First Aid Responder
- Mental health action plan protocol (DR EFG)
- Active listening skills
- How to show empathy
- How to have a conversation about wellbeing
- How to give immediate mental health support and where to signpost someone for additional support
- Recognising stress
- Anxiety and anxiety disorder
- Recognising depression
- Suicide continuum, signs and symptoms
- How to recognise OCD, PTSD, eating disorders, self-harm, substance abuse and psychosis



Course Aim

The aim of this one-day course is to provide delegates with the knowledge and understanding of common mental health problems that can affect individuals in the workplace and how to respond to them. Delegates will also learn about key policies and best practice frameworks for promoting a mentally healthy workplace.



Who Should Attend?

This course is aimed at delegates who are looking to take on the role of Mental Health Responder in the workplace but is also relevant to delegates looking to enhance their understanding of mental health issues. It equips individuals with the tools to promote their own and others' wellbeing in the workplace.

Pre-requisites

Upon booking delegates will receive pre-course reading which must be completed prior to the course taking place.

Delegates must be registered with the qualification awarding body by 12pm on the day of the course taking place. To do this, you will need to complete a short registration form on the day of the course.



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Course Duration

This is a 1 day course.



Maximum Delegates

Maximum attendees: 16 delegates.



Certification

Successful delegates will be awarded the FutureQuals Level 2 Award in Mental Health: Workplace Responder, provided by St. John's Ambulance.

This qualification does not have a specific validity period, however, as an evolving subject area, it is encouraged that delegates retake the qualification periodically to ensure they are working with the most up-to-date information.

Safety / Value / Availability / Support



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