



Adult Mental Health First Aid - First Aider (Remote Learning)



Course Aim

To provide delegates with the required knowledge to qualify as a “Mental Health First Aider”, enabling delegates to recognise common triggers, signs & symptoms of poor mental health, to be able to provide the appropriate guidance & support when needed and support employers by contributing to a mentally healthy working environment.

This course is delivered as remote sessions either across 4 x ½ day sessions or 2 full day sessions.



Who Should Attend?

Those who have been identified by their employer as an appropriate person to support colleagues as well as anyone wishing to learn more about recognising & understanding common mental health issues; how to support and guide colleagues; family and friends during their time of need and how to contribute to a healthier working environment.



Course Duration

This is a 4 day course.



Certification

Upon successful completion delegates will receive a Mental Health First Aid England certificate which is valid for life. It is however, strongly recommended that delegates retake the course every three years to ensure skills are kept up to date.



Agenda

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

