



Adult Mental Health First Aid - Awareness

Course Aim

The Course is designed to give you:

- An understanding of what mental health is and how to challenge stigma
- A basic knowledge of some common mental health issues
- An introduction to looking after your own mental health
- Confidence to interact with someone in distress or who may be experiencing a mental health issue
- Insight into the two day course and the benefits of becoming a Mental Health First Aider

Who Should Attend?

Anyone looking to gain a basic understanding of mental health and a basis for further training.

Course Duration

This is a half day course.

Certification

Successful delegates will receive an MHFA First Aider Certificate, valid for three years.

Agenda

Learning takes place through a mix of presentations, group discussions and workshop activities.

The session covers:

- What is mental health?
- Mental and emotional wellbeing
- Mental health continuum
- Stress vulnerability and stress container
- Thinking distortions
- Mental health conditions
 - Depression
 - Anxiety disorders
 - Psychosis and schizophrenia
 - Bipolar disorder
 - Eating disorders
 - Mental health and risk: suicide and self-harm
- Recovery
- Stigma and mental health issues
- Supporting people in distress
- Take Ten Together toolkit
- Helpful resources
- Useful statistics

Safety / Value / Availability / Support