



Adult Mental Health First Aid (MHFA)

Two Day course Accredited by MHFA England

Overview

The Mental Health First Aid (MHFA) training course teaches people how to identify, understand and help someone who may be experiencing a mental health issue.

By learning to recognise the signs and symptoms of mental ill health, you will increase your confidence in feeling able to approach, assess and assist someone who might be experiencing mental health challenges and encourage them to seek the support they need to recover.

You will learn how to listen, reassure and respond to a person in, or heading towards a crisis.

It's important to state that the MHFA does not aim to teach you to diagnose mental ill health or to take on the role of a therapist.

Course fees include a workbook, action card and lanyard as well as a comprehensive evidence-based manual. The manual is an essential resource to refer to both throughout the course and to keep as a support whenever you need it in your new role a Mental Health First Aider.

The Adult Two Day MHFA England course is the only recognised training programme in England which qualifies you as a Mental Health First Aider.

On completion of the course, you will also receive a MHFA certificate from MHFA England.

Our instructors are experienced at creating and facilitating a non-judgemental learning environment. The MHFA course also encourages participants to take this attitude into their own lives following the training. All learners are made to feel safe and we often see the group bond as a result.

Learning outcomes

Anyone has the skills to recognise changes in others and start a conversation. This course teaches you about the complexities of these changes and how to approach someone who may be experiencing poor mental health.

The course will demystify the medical model of mental health and show you how you can appropriately signpost someone who maybe experiencing a mental health concern.

Throughout the course, many delegates also develop a better awareness of their own mental health and gain an understanding of how to support positive wellbeing and tackle stigma relating to mental ill health.

On completion of the course, Mental Health First Aiders have:

- An in-depth understanding of mental health and the factors that can affect wellbeing
- Practical skills to spot the triggers and signs and symptoms of mental health issues
- Confidence to step in, reassure and support a person in distress
- Enhanced interpersonal skills such as non-judgemental listening
- Knowledge to help someone recover their health by guiding them to further support

We limit numbers to 16 people per course so that the instructor can keep people safe and supported while they learn. We always provide an opt-out option on all activities. Although these are facilitated in an inclusive, fun and engaging way we also understand some topics may be upsetting or triggering for some individuals.

Learning takes place across four manageable sessions over two days. Through a mix of group activities, presentations, discussions, exercises and case studies, each session is built around a practical Mental Health First Aid action plan.

The course curriculum is outlined below:

Day 1

Session 1

- Why Mental Health First Aid?
- The Mental Health First Aid action plan
- What is mental health?
- Impact of mental health issues
- Stigma and discrimination
- What is depression?
- Symptoms of depression
- Risk factors for depression
- Depression in the workplace

Session 2

- Suicide figures
- Alcohol, drugs and mental health
- First aid for suicidal crisis
- Non-judgemental listening skills
- First aid for depression
- Treatment and resources for depression
- Self-care

Day 2

Session 3

- What is an anxiety disorder?
- First aid for anxiety disorders
- Crisis first aid after a traumatic event
- Alcohol, drugs and anxiety disorders
- Treatment and resources for anxiety disorders
- Cognitive distortions and CBT
- Personality disorders
- Eating disorders
- Self-harm

Session 4

- What is psychosis?
- Risk factors for psychosis
- Alcohol, drugs and psychosis
- Schizophrenia
- Bipolar disorder
- Warning signs of developing psychosis
- Crisis first aid for acute psychosis
- Treatment and resources for psychosis
- Recovery and building resources
- Action planning for using MHFA

Throughout the course, you will also receive additional industry/sector specific information, toolkits, and advice around implementing Mental Health First Aid into your organisation.

The course curriculum and content are evidence-based and governed by Mental Health First Aid England who are Accredited by the Royal Society for public health. MHFA England and are the only licenced providers of Mental Health First Aid training in England.

For further training dates and advice about your organisation creating a health and wellbeing strategy where physical and mental health are integrated please visit our website

thebridgefirstaid.co.uk

