



Adult Mental Health First Aid (MHFA)



Introduction

Mental Health First Aid (MHFA) is an internationally recognised training course, designed to teach people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis. Adult MHFA courses can be attended by people aged 16 upwards and are relevant for the general population. Delegates on an Adult MHFA course are taught a set of skills which enables them to support someone experiencing mental health issues. Each and every MHFA course is delivered by a quality assured instructor, who has attended the seven day instructor training programme accredited by the Royal Society for Public Health.

Independent research and evaluation shows that taking part in a MHFA course:

- Raises awareness and mental health literacy
- Reduces stigma around mental ill health and enables delegates to feel confident guiding people towards appropriate support
- Boosts knowledge and confidence in dealing with mental health issues
- Encourages people to start a conversation with a person who may be experiencing a mental health issue
- Promotes early intervention which enables recovery



Course Duration

SSG offer this course over two days.



Who Should Attend

This course is designed for delegates across all levels of an organisation, but primarily for line managers or anyone who has the responsibility of managing a team.



Course Programme

This course will:

- Teach practical skills that can be used every day, including being able to spot the signs and symptoms of mental health issues and feel confident guiding people towards appropriate support
- Give a deeper understanding of the issues that impact on and relate to people's mental health

Our MHFA instructors deliver training in four manageable sections, each with a focus on how to apply Mental Health First Aid skills:

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 suicide crisis
- Non-judgemental listening skills
- First aid for depression
- Treatment and resources for depression
- Self-care

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 development psychosis
- Crisis first aid for acute psychosis
- Treatment and resources psychosis
- Recovery and building resources
- Action planning for using MHFA

MHFA will not teach you how to be a therapist but will enable you to say you are a Mental Health First Aider.



Certification and Assessment

This course is certified by MHFA England.



Suggested Follow on and Complementary Courses



IOSH Managing
Occupational Health and
Wellbeing



IOSH Managing
Safety



NEBOSH National General
Certificate in Occupational
Health and Safety



First Aid at
Work