



# Workplace Mental Health First Aid



## Introduction

Workplace Mental Health First Aid (MHFA) is an internationally recognised training course. Through a mix of group activities, presentations and discussions, the course is built around a Mental Health First Aid action plan.

This course will provide:

- An understanding of common mental health issues
- Knowledge and confidence to advocate for mental health awareness
- Ability to spot signs of mental ill health
- Skills to support positive wellbeing

Everyone who completes the course gets an MHFA manual to keep and refer to whenever they need it, and a certificate to say they are a MHFA Champion.

Every Workplace 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.



## Course Duration

SSG offer this course over one day.



## Who Should Attend

This course is designed for delegates across all levels of an organisation.



## Course Programme

Our MHFA instructors deliver training in two sections, with a focus in the afternoon on application of the learnt skills.

### Session 1

- About Mental Health First Aid
- About mental health and stress in the workplace
- Stigma and discrimination
- Depression
- Anxiety disorders
- Other mental health issues (eating disorders, self-harm, psychosis)
- Early warning signs of mental ill health

## Session 2

- Alcohol, drugs and mental health
- Applying the Mental Health First Aid action plan
- Action 1: Approach the person, assess and assist with any crisis including suicide
- Action 2: Listen and communicate non-judgementally
- Action 3: Give support and information
- Action 4: Encourage the person to get appropriate professional help
- Action 5: Encourage other supports
- Recovery
- Building a mentally healthy workplace
- Action planning for using MHFA



### Certification and Assessment

This course is certified by MHFA England.



### Suggested Follow on and Complementary Courses



Adult Mental Health  
First Aid



IOSH  
Managing Safely



IOSH Managing  
Occupational Health  
and Wellbeing