

LFA056

## Mental Health First Aid Champions

<b>Duration</b>	1 day
<b>Target group</b>	Line Managers - Equip people with the skills and confidence to spot when someone on their team is struggling and to know how and when to offer support
<b>Prerequisites</b>	N/A
<b>Objective</b>	Attendees will gain: Knowledge and confidence to provide Mental Health First Aid for the most common mental health issues Understanding of how to help build a mentally healthy workplace, challenge stigma and support positive wellbeing A quick reference card for the Mental Health First Aid action plan
<b>Contents</b>	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 Alcohol, drugs and mental health Applying the Mental Health First Aid action plan Recovery Building a mentally healthy workplace Action planning for using MHFA
<b>Exam</b>	Everyone who completes the course gets:  A manual to refer to whenever they need it A workbook including a helpful toolkit to support their own mental health A certificate of attendance to say they are an MHFA Champion which is approved by Mental Health First Aid England and valid for 3 years A copy of the Line Managers' Resource, an invaluable source of advice on how to support an employee experiencing mental ill health  This course is delivered at both our training centres at either Teesside or Aberdeen, or on customer premises with prior arrangement