

Course code	LFA056
Course name	Mental Health First Aid Champions
Duration	1 day
Target group	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
Prerequisites	N/A
Objective	<p>Attendees will gain:</p> <ul style="list-style-type: none"> 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
Contents	<ul style="list-style-type: none"> 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
Exam	<p>Everyone who completes the course gets:</p> <ul style="list-style-type: none"> 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 <p>This course is delivered at both our training centres at either Teesside or Aberdeen, or on customer premises with prior arrangement</p>