

LFA058

Mental Health First Aider

Duration	2 days
Target group	Designated staff at every level - Equip designated Mental Health First Aiders with skills to spot signs of a range of mental health issues and guide a person to appropriate support
Prerequisites	N/A
Objective	<p>Attendees will gain:</p> <p>An in depth understanding of mental health and the factors that can affect wellbeing</p> <p>Practical skills to spot the triggers and signs of a range of mental health issues</p> <p>Confidence to step in, reassure and support a person in distress using the Mental Health First Aid action plan</p> <p>Enhanced interpersonal skills such as non-judgemental listening</p> <p>Knowledge to help someone recover their health by guiding them to further support - whether through self-help resources, internal support such as EAP, or external sources such as their GP</p> <p>Understanding of how to keep themselves safe while performing their duties</p> <p>A quick reference card for the Mental Health First Aid action plan</p>
Contents	<p>Why Mental Health First Aid?</p> <p>The Mental Health First Aid action plan</p> <p>What is mental health?</p> <p>Impact of mental health issues</p> <p>Stigma and discrimination</p> <p>What is depression?</p> <p>Symptoms of depression</p> <p>Risk factors for depression</p> <p>Depression in the workplace</p> <p>Suicide figures</p> <p>Alcohol, drugs and mental health</p> <p>First aid for suicidal crisis</p> <p>Non-judgemental listening skills</p> <p>First aid for depression</p> <p>Treatment and resources for depression</p> <p>Self-care</p> <p>What is an anxiety disorder?</p> <p>First aid for anxiety disorders</p> <p>Crisis first aid after a traumatic event</p> <p>Alcohol, drugs and anxiety disorders</p> <p>Treatment and resources for anxiety disorders</p> <p>Cognitive distortions and CBT</p> <p>Personality disorders</p> <p>Eating disorders</p> <p>Self-harm</p> <p>What is psychosis?</p> <p>Risk factors for psychosis</p> <p>Alcohol, drugs and psychosis</p> <p>Schizophrenia</p>

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

Exam

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 a Mental Health First Aider 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 in Teesside and Aberdeen, or on customer premises with prior arrangement