

Course code	LFA058
Course name	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> <p>Bipolar disorder</p> <p>Warning signs of developing psychosis</p> <p>Crisis first aid for acute psychosis</p> <p>Treatment and resources for psychosis</p> <p>Recovery and building resources</p> <p>Action planning for using MHFA</p>
Exam	<p>Everyone who completes the course gets:</p> <p>A manual to refer to whenever they need it</p> <p>A workbook including a helpful toolkit to support their own mental health</p> <p>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</p> <p>A copy of the Line Managers' Resource, an invaluable source of advice on how to support an employee experiencing mental ill health</p> <p>This course is delivered at both our training centres in Teesside and Aberdeen, or on customer premises with prior arrangement</p>