



Mental Health First Aider Training

Become a Mental Health First Aider – Two-day programme

This two-day programme, accredited by Mental Health First Aid England qualifies you as a Mental Health First Aider, giving attendees:

- An in-depth understanding of mental health and the factors that can affect wellbeing
- Practical skills to spot the triggers and signs of mental health issues
- Confidence to step in, reassure and support a person in distress
- Enhanced interpersonal skills such as non-judgemental listening
- Knowledge to help someone recover their health by guiding them to further support - whether that's self-help resources, through their employer, the NHS, or a mix

The programme is delivered in four sessions over 2 days.

- Learning takes place through a mix of presentations, group discussions and workshop activities
- Each session is built around a Mental Health First Aid action plan
- Numbers are limited to 12 people per course

Detailed content
Why Mental Health First Aid?
The Mental Health First Aid action plan
What is mental health?
Impact of mental health issues
Stigma and discrimination
What is depression?
Symptoms of depression
Risk factors for depression
Depression in the workplace
Suicide figures
Alcohol, drugs and mental health
First aid for suicidal crisis
Treatment and resources for depression
Self-care
What is an anxiety disorder?
First aid for anxiety disorders
Crisis first aid after a traumatic event
Alcohol, drugs and anxiety disorders
Treatment and resources for anxiety disorders
Cognitive distortions and CBT
Personality disorders



Eating disorders
Self-Harm
What is psychosis?
Risk factors for psychosis
Alcohol, drugs and psychosis
Schizophrenia
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

Everyone who completes the course gets:-

- A certificate – Mental Health First Aider
- A reference manual
- A quick reference card for the Mental Health First Aid action plan
- A workbook including a helpful toolkit to support delegates own mental health