

Mental Health First Aid

Mental health first aid is an extension of the concept of first aid. This training focuses on mental health difficulties that present in the workplace or in lives of service users.

This one-day course focuses on mental health presentations and potential crises, that could arise in the workplace. These may include stress-related concerns, suicidal ideations, depression and anxiety-related issues, self-harm, panic attacks etc.

Who needs this qualification?

This training is not designed to turn staff into therapists. It offers a set of skills and knowledge to improve outcome for those who present with mental health problems.

Why is this training important?

With appropriate mental health first aid skills, support staff and advocates can appropriately signpost, support, counsel, provide advocacy and hopefully minimise the risk to the individuals in their environment.

Learning outcomes

Become a Mental Health First Aider. At the end of this training, delegates will have:

- ❖ A full understanding of mental health first aid and its importance in the workplace.
- ❖ An improved understanding of mental disorder and psychiatric illness with a key focus on:-
 - Stress-related problems; Major Depression; Bipolar Disorders; Anxiety-related Disorders, Panic Disorder; Chronic Psychosis & Schizophrenia; Personality disorders; Mental Disorder associated with Substance Misuse; suicidal thoughts; self-harm.
- ❖ Recognising risks and emergencies and escalating appropriately.
- ❖ Understand complex personality problems that may be underpinning an individual's vulnerability and understanding the importance of appropriate boundaries;
- ❖ A clearer understanding of the experience of mental disorder from the perspective or service users to improve validation and support outcomes.
- ❖ An improved ability to interact appropriately – including validation skills, appropriate non-verbal behaviours and signposting skills.
- ❖ Understand the key mistakes that can exacerbate situations / behavioural problems and how to motivate individuals to seek appropriate health care.

Duration: one day training programme

Assessment: There is no formal assessment for this course but delegates must complete all sections of the course (in-house certification)