



## Mental Health First Aid (MHFA) – Adult MHFA two day course

All delegates will receive a Certificate issued by MHFA England after the course.

### Introduction

This MHFA England course teaches people how to spot the early signs of a mental health issue, including warning signs of a common mental health crisis and how to offer and provide initial help and how to guide a person towards appropriate treatment or other sources of supportive help.

The course will be run by experienced certified, quality assured instructors, and the two days will be split into four sessions, with each session being built around a Mental Health First Aid action plan.

### Workshop objectives

#### Session 1:

- 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

To book or enquire about this programme please contact us:

e: [info@miadhealthcare.com](mailto:info@miadhealthcare.com) t: 01189 036363 w: [www.miadhealthcare.com](http://www.miadhealthcare.com)



## Session 2:

- Suicide figures
- Alcohol, drugs and mental health
- First aid for suicidal crisis
- Non-judgemental listening skills
- First aid for depression
- Treatment and resources for depression
- Self-care

## Session 3:

- 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

## Session 4:

- 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

To book or enquire about this programme please contact us:

e: [info@miadhealthcare.com](mailto:info@miadhealthcare.com) t: 01189 036363 w: [www.miadhealthcare.com](http://www.miadhealthcare.com)

