



Positively Mental Health



Online Adult Mental Health First Aid Course – Mental Health First Aid – England

Delivered by an Experienced MHFA Instructor

Day 1:

SESSION 1 – INTRODUCTION TO THE COURSE AND MENTAL HEALTH FIRST AID – THEORETICAL CONCEPTS AND USE OF LANGUAGE

(approx. 3.5 hours) 8.45am – 12.15/12.30pm

- Introduction to Mental Health First Aid?
- MHFAider Role
- Self Care
- Introduction to ALGEE
- What is Mental Health
- Use of Language
- Frame of Reference
- Stress Container

SESSION 2 – FIRST AID FOR ANXIETY, PANIC ATTACKS, TRAUMA, EATING DISORDERS, SELF HARM AND SUBSTANCE ABUSE

(approx. 3.5/4 hours) 1.00pm – 4.30/5pm

- What Influences Mental Health
- Mental Health Continuum
- Anxiety
- Panic Attacks
- Traumatic Events
- Listening Skills and Empathy
- Eating Disorders
- Self-Harm
- Substance Misuse

Day 2:

SESSION 3 – DEPRESSION, SUICIDE, PSYCHOSIS AND THE PRACTICAL APPLICATION OF ALGEE

(approx. 3.5 hours) 8.45am – 12.15/12.30pm

- Applying ALGEE using various case studies
- Depression
- Suicide
- Psychosis
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SESSION 4 – RECOVERY, CONVERSATIONS, BOUNDARIES, SELF CARE

(approx.. 3 hours) 1.15pm – 4.15pm

- Recovery and the Lived Experience
- Applying ALGEE using various case studies
- MHFA Conversations – practice
- Boundaries
- Self Care

All end times are indicative – we may need to review during the sessions. All start times are set so please ensure you log in and are ready to start at least 10 minutes before the session.

All log on info will be sent via email prior to the event. The learning platform for MHFA is Enablely and Zoom – super simple and all joining instructions are e-mailed to delegates prior to course.