

MENTAL HEALTH FIRST AIDER 2 DAYS

COURSE OVERVIEW

1 in 4 of your employees will experience a mental health issue every year with at least 20% of those taking a day off work due to mental ill health. By reducing the stigma that comes with experiencing mental health issues and equipping your organisation with the knowledge and confidence to support individuals in need you can cut employee absence time and costs and increase morale and productivity in your business.

This 2-day Adult Mental Health First Aid course is an internationally recognised course by MHFA England that teaches delegates to spot the signs of mental health issues and help to avoid crisis or support those in a crisis situation. This is an engaging and thought-provoking course delivered by a quality assured MHFA instructor via presentations, discussions and group activity work. After attending the course, delegates will hold a valid Mental Health First Aid certificate and will receive materials and resources to enable them to support their organisations straight away.

CONTENT

Day 1: AM Session: Covering everything from MHFA action plan, definition and impact of mental health and depression.

PM Session: Discussing suicide figures, how alcohol and drugs affect mental health, first aid for suicidal crisis and depression and self-care.

Day 2:AM Session: Understanding anxiety disorders and relevant treatment, learning crisis first aid for traumatic events, learning about cognitive distortions and CBT, personality disorders, eating disorders and self-harm.

PM Session: Learning about psychosis, schizophrenia and bipolar disorder. Discover how to do crisis first aid for acute psychosis, treatments and resources. Finally, covering recovery and building resources and action planning for using MHFA.



COSTS

Per Person: £350 + VAT

Discount Price*: £280 + VAT

***20% discount applied for
existing retainer clients**