



Duration: 2 Days
Course Code: SSH47

Course Description:

This Adult Mental Health First Aid two-day course aims to raise awareness of what mental health is so that employers can do more to support their employees. Unfortunately, around one in four people at any one time are affected by mental health problems. The course teaches delegates practical skills to spot the signs of mental illness and gives them the confidence to step in and support a person who needs assistance. Delegates will have a deeper understanding of mental health and what factors can affect wellbeing, and how to encourage a healthier tolerant working environment.

Who Should Attend This Two-Day Mental Health First Aid Training Course?

- This course is ideal for delegates who want to gain necessary skills to enable them to recognise the signs & symptoms of mental health issues in the workplace, be able to have non-judgmental conversations with the person affected and guide them to the right effective support. Delegates will receive a certificate to become a Mental Health First Aider.

Course Contents:

- Why Mental Health First Aid?
- What is mental health and depression?
- Statistics
- Stigma and discrimination
- Types of mental Health Problems and the impact of mental health issues
- Alcohol, drugs and mental health
- Managing a mental health problem, the law and action plan
- Supporting mental health in the workplace
- Non-judgement listening skills
- Workplace Adjustments
- First Aid to assist a suicidal crisis or acute psychosis
- First Aid for depression, anxiety disorders
- Self-care



***BESPOKE COURSE | Course Duration, Level & Duration: Depends on Content & Individuals**

