

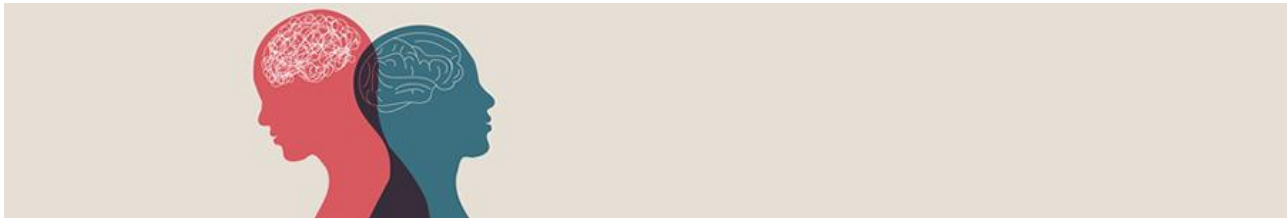


# MENTAL HEALTH FIRST AID

**Course Code: FAM02 | Duration: 2 Day**

## 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. The above course will be delivered by experienced qualified working mental health professionals and qualified first aid assessors.



## Who Should Attend Mental Health First Aid Training?

- Managers and Team Leaders
- Educators and Youth Workers
- HR Professionals
- Volunteers and Community Workers

## Course Contents:

- **Mental Health Matters:** Understand its importance in fostering a safe and supportive environment
- **Stigma:** Challenge stigma and discrimination while promoting inclusivity and understanding
- **Issues:** Depression, anxiety, bipolar, eating disorders, schizophrenia, and their workplace impact
- **Substance Use:** Recognize the links between alcohol, drugs, and mental health challenges
- **Support:** First aid techniques for acute psychosis, suicidal crises, trauma and self-care strategies
- **Listening:** Build non-judgmental skills and effective strategies to support mental health
- **Action Planning:** Identify symptoms and provide first aid for mental health issues

**\*BESPOKE COURSES | All of our courses can be easily tailored to suit any company.  
Course duration and level can be changed, depending on content, company & individuals\***