



## Mental Health First Aid Course

### Aims

The aim of this course is to help delegates prescribe initial first response to distressed employees.

### Who Attends

Anyone wishing to increase their mental health awareness and administering basic mental health first aid in the workplace.

### Course Content

\*Please note that this course discusses sensitive topics, which includes but is not limited to suicide, mental illnesses, self-harm and eating disorders. \*

- Guidance on being a Mental Health First Aider
- Basic understanding on common mental health conditions
- Attitudes to mental health issues
- Equalities
- First Aid Action Plan on how to support peers
- The impact of alcohol and drugs on mental health
- Introduction to suicide intervention
- Listening skills

### Course Duration

This is a 2 day course.

### Maximum Candidates

Maximum attendees: 12 candidates

### Qualification Obtained

Completion certificates are issued by FAA (First Aid Awards).

### Entry Requirements

The minimum entry requirement is a good understanding of spoken and written English.

### Additional Information

The Mental Health First Aid course does not train people to be mental health workers. It offers basic general information about mental health problems.

The knowledge presented and understanding developed in the course helps to remove stigma and fear and to give confidence in approaching a person in distress.

The Mental Health First Aid Course is an initial response to distress and all participants on the course understand that this help is given only until other suitable or professional help can be found.