



Mental Health First Aid - 2 Day Course

Duration: 2 Days

Overview: Mental Health First Aid is a global movement, the first of its kind to be translated across cultures and languages in 22 countries. Mental Health First Aid seeks to improve and increase mental health awareness and provide the skills necessary to have a non-judgmental conversation and encourage support.

Mental Health First Aid is a training program that teaches you how to help a person developing a mental health problem (including a substance use problem), experiencing a worsening of an existing mental health problem or in a mental health crisis.

Content: **All delegates will learn how to :**

- Know what mental health is, why people develop mental health conditions and the role of a First Aider for mental health.
- Know how to provide advice and practical support for a person presenting a suspected mental health condition.
- Know how to recognise and manage stress.
- Understand the impact of substance abuse on mental health.
- Understand the first aid action plan for mental health and be able to put it in place.
- Know how to implement a positive mental health culture in the workplace.
- Understand a range of mental health disorders and the support/therapy provided by professional healthcare providers

Assessment: The qualification is assessed through two written assessment papers and the practical demonstration of the first aid action plan for mental health. Learners must successfully pass all parts of the assessment to be awarded the qualification. There is no grading of the assessment; learners pass or are referred