

Adult Mental Health First Aid

Two Day Course

What is Mental Health First Aid (MHFA)?

MHFA is the help given to a person experiencing a mental health problem before professional help arrives. It is a first response, it is not diagnostic, it is not offering therapy, it is what to do in the moment and it is training that might combat an initial response to turn away.

Who should do MHFA training?

MHFA training is directed at line managers, volunteers, those who care for, deliver a service to, or in any way interact with the public in their everyday activities and, anyone who wants to improve their mental health literacy.

How the Course is Delivered

The course is delivered in four modules, usually, over two full days training. However, the modular design does lend itself to other formats of delivery: One day over two consecutive weeks or one-half day session over four consecutive weeks.

This outline shows the running order of the course:

Session 1

- About Mental Health – Influences, Stigma and discrimination, Recovery
- Depression – What is depression?, Risk factors for depression, Depression in the workplace.
- Useful Statistics

Session 2

- Suicide – About Suicide, First Aid for Suicidality, First Aid for Depression.
- Substance Misuse – What is Substance Misuse?, Risk Factors, First Aid for Substance Misuse.
- Useful Statistics.

Session 3

- Anxiety Disorders – What is an anxiety disorder?, Risk factors for anxiety, First aid for anxiety disorders.
- Self-Harm – What is self-harm?, First aid for self-harm.
- Eating Disorders – What are eating Disorders?, Risk factors for eating disorders. First aid for eating disorders.
- Personality disorders – A general description and sign posting to information in course manual.
- Useful Statistics.

Session 4

- Psychosis – What is Psychosis?, Risk factors for psychosis, First aid for psychosis.
- Building a mentally healthy community.
- Useful Statistics.

What you will learn on an Two day MHFA course?

- Reduce the stigma of mental health problems
- Spot the early signs of a mental health problem
- Feel confident helping someone experiencing a problem
- Provide help on a first aid basis
- Help prevent someone from hurting themselves or others
- Basic suicide prevention and intervention
- Help stop a mental illness from getting worse
- Help someone recover faster
- Guide someone towards the right support
- It will not go unnoticed that this training will extend to helping self, family and friends.

MHFA does not teach you to be a therapist. However, it will teach you how to spot the symptoms of common mental health illnesses, how to provide initial assistance on a first aid basis and how to guide a person towards appropriate professional help. In an emergency situation it teaches you to keep a person safe and alive until appropriate professional help arrives or the situation subsides.