



MHFAider Course – face to face or online (suitable for workplaces and community)

Mental Health First Aid (MHFA) is an internationally recognised learning experience that teaches learners how to identify, understand and help someone who may be experiencing a mental health issue.

Face to Face

The face-to-face course is a full two day programme, that comprises four sessions, delivered through a mix of presentations and various learning activities including quizzes, group work, videos, case studies, practice conversations and reflective activities. The two days can be back to back or spread out one week apart (eg Monday and Monday).

Online

The online version is delivered through four tutor led live sessions that range from 3hrs to 3hrs 45mins in length. The live sessions can be delivered flexibly - over 2 days, a few days or a couple of weeks, whatever your preference.

Session 1 (3hrs 20mins)

- **Introducing MHFA & the MHFAider role**
- Self-care
- **Introducing the MHFA Action Plan**
- What is mental health?
- Stigma
- Stress Container
- **An example MHFA conversation**
- **Session 1 Quiz**

Session 2 (3hrs 45 mins)

- **What influences mental health?**
- The Mental Health Continuum
- **Applying the MHFA action plan**
- Anxiety
- Trauma
- Active listening & empathy
- Eating illnesses
- Self harm
- Substance misuse
- **MHFA conversation practice**
- **Session 2 Quiz**

Session 3 (3hrs 45 mins)

- **Applying the MHFA action plan**
- Depression
- Suicide
- Psychosis
- **MHFA conversation practice**
- **Session 3 Quiz**

Session 4 (3hrs)

- **Recovery & lived experience**
- **Applying the MHFA action plan**
- **Boundaries in the MHFAider role**
- **Session 4 Quiz**
- **MHFA conversation practice**
- **Moving forward in the role & self-care**



Mental Health First Aid Champion – face to face or online (workplace focussed)

The MHFA Champion learning experience is a one day course that is designed to raise awareness and understanding of mental health and other related topics including in the workplace. Delegates complete the course as a Mental Health First Aid Champion where they gain an understanding of common mental health issues, have more knowledge and confidence to advocate for mental health awareness, the ability to spot signs of mental ill-health and gain skills to support positive wellbeing.

The course is split into two sessions as follows:

Session 1 (4 hrs)

- *Mental Health First Aid*

- The MHFA action plan

- *About mental health*

- What is it?

- Prevalence of mental health issues

- Recovery

- Stigma & discrimination

- What influences mental health?

- *Managing mental health risk factors in the workplace*

- *Depression*

- What is it?

- Risk factors for depression

- *Anxiety disorders*

- What is an anxiety disorder

- Risk factors for anxiety disorders

- *Eating disorders (a very brief run through of what they are)*

- *Self-harm (a very brief run through of what it is)*

- *Psychosis (a very brief run through of what it is)*

- *Substance misuse (a very brief look)*

Session 2 (4 hrs)

- *Early warning signs of mental ill-health*

- *About suicide*

- *First aid for suicidal crisis and mental health issues*

- *Building a mentally healthy workplace*

Statistics are referred to through the day and there is a focus on Health & Safety Executive guidelines as well as legislation. Training is delivered through slides, reflective activities, flip chart work, group discussion, videos, case study work.



Adult Mental Health Aware - face to face or online (suitable for workplaces and community)

The Mental Health Aware course is an introductory 4 hour course designed to raise awareness of mental health and related topics. It is delivered through a mix of presentations, group discussions, activities and videos. This course is appropriate for anyone in a corporate environment or community setting. Delegates complete the course as Mental Health Aware where they gain an understanding of what mental health is and how to challenge stigma, a basic knowledge of some common mental health issues, an introduction to looking after your own mental health and wellbeing and confidence to support someone. An introductory 4-hour course.

Course content:

- **About Mental Health**
- What influences mental health?
- **Mental health conditions**
- Depression
- Anxiety disorders
- Psychosis
- Eating disorders
- Suicide
- Self-harm
- **Recovery**
- **Stigma & discrimination**
- **Take 10 together toolkit for mental health conversations**
- **Supporting mental health in the workplace**

Training is delivered through slides, group discussions and activities, video, case study work.

MHFA Refresher Course - face to face or online (for those who have completed the MHFAider course)

The Mental Health First Aid Refresher course is designed for people who have completed the Mental Health First Aider or Mental Health First Aid Champion course and require a refresh of their skills. It is delivered through a mix of presentations, group activities, discussions and videos. This four hour course is available face to face and online.

Recommended every 3 years, the course content is as follows:

- **About Mental Health**
- What influences mental health
- **About mental health conditions**
- **Early warning signs of mental ill-health**
- **First aid for mental health issues**
- Suicide and first aid for suicidal crisis
- Psychosis and first aid for severe psychotic episodes
- More mental health issues
- **Practising our MHFA skills**
- Self-care, wellbeing & recovery

Training is delivered through slides, group discussions and activities, video, case study work.