



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***