



# Mental Health First Aid





## Mental Health First Aid Delivered by BSMHFT - Course Information

Mental Health First Aid is an educational course which teaches people how to identify, understand and help a person who may be developing a mental health issue. In the same way as we learn physical first aid, Mental Health First Aid teaches you how to recognize those crucial warning signs of mental ill health.

Developed in Australia in 2000 and now internationally recognised in 23 countries, the MHFA course teaches people how to recognise the signs and symptoms of common mental health issues provide help on a first aid basis and effectively guide someone towards the right support services.

This work was identified as a priority for the Community engagement Team as much can be gained from a 'community asset' approach, particularly in working with community and voluntary sector organisations, including faith-based organisations, to equip people with knowledge and skills to understand and manage their own mental health and that of those close to them. This is especially important within BME communities, since there are considerable inequalities for these groups in accessing information, support and services



### Adult - Two Day Training Course

**The Adult Mental Health First Aid course is a 2 day course for:**

- Any adult (16+) who wishes to learn more about mental health issues
- People who, on a personal level, are supporting those with mental health needs
- People who, in the course of their work, are supporting those with mental health needs
- Anybody working in the field of mental health

**The course will teach you to:**

- Mental Health First Aid, mental health, and depression
- Depression (cont.) and suicidal crisis
- Anxiety, personality disorders, eating disorders and self-harm
- Psychosis, schizophrenia and bipolar disorder



### In each section you'll learn how to:

- Spot the early signs of a mental health issue
- Feel confident helping someone experiencing a mental health issue
- Provide help on a first aid basis
- Help prevent someone from hurting themselves or others
- Help stop a mental health issue from getting worse
- Help someone recover faster
- Guide someone towards the right support
- Reduce the stigma of mental health issues.

### How will I learn?

The Adult MHFA course usually takes place over two full days.

The sessions will be a mix of presentations, discussions, and group work activities. Our instructors provide a safe learning environment and are trained to support you throughout the whole course. If you don't feel comfortable joining in certain parts, then there is no pressure to.

Due to some of the sensitive subjects of our courses, we limit numbers to 16 people. We want everyone to feel safe and our instructors can help if people find some parts particularly difficult.

Everyone who attends the course will receive a copy of the MHFA manual and workbook, which are both excellent support resources. When you have completed the course you will receive a certificate to confirm that you are a trained Mental Health First Aider.

### Course Costs:

- Standard MHFA course cost is £150 per person
- Group Bookings £1350 for 12 delegates, £1500 for 16 delegates\*

*(\*For group bookings we ask that the group supply the venue and refreshments, however if this is not possible this can be arranged for an additional fee.)*

### How do I book onto a course?

To book onto our monthly standard course contact: [community.engagement@bsmhft.nhs.uk](mailto:community.engagement@bsmhft.nhs.uk)

To request a group booking contact: [c.mitcham@nhs.net](mailto:c.mitcham@nhs.net)



## Section\_01

- What is mental health?
- Why mental health first aid?
- The five steps of mental health first aid
- Impact and cost of mental health problems
- Influences on mental health
- Risk and protective factors
- What is depression?
- Alcohol, drugs and depression

## Section\_02

- Suicide in England
- How to help someone who is suicidal
- Listening non-judgementally
- First aid for depression
- Treatment and resources for depression
- Self care

## Section\_03

- What is anxiety?
- When is anxiety a problem?
- Alcohol, drugs and anxiety disorders
- Crisis first aid for panic attacks
- Crisis first aid for acute stress reaction
- Some common thinking distortions
- Treatment and resources for anxiety
- Self-harm
- Eating disorders

## Section\_04

- What is psychosis?
- Understanding psychosis
- Schizophrenia and bipolar disorder
- Recovery from psychosis
- Crisis first aid for acute psychosis
- Treatment and resources for psychosis
- Action planning for using MHFA



## Adult Lite – MHFA Half Day Training Course

Our half day course is an introductory four hour session to raise awareness of mental health

### The Adult Lite course is a half day course for:

- Any adult (16+) who wishes to learn more about mental health issues

### The course will teach you to:

- 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 maintaining wellbeing
- Confidence to support someone in distress or who may be experiencing a mental health issue

### Course Costs:

- MHFA value this course at £125 per person.
- BSMHFT currently provide this course for group bookings only, at the discounted rate of £75per person

*(\*For group bookings we ask that the group supply the venue and refreshments, however if this is not possible this can be arranged for an additional fee.)*

### How will I learn?

Learning takes place through a mix of presentations, group discussions and workshop activities. We limit numbers to 25 people per course so that the instructor can keep people safe and supported while they learn. Everyone who completes the course gets:

- A manual to refer to whenever you need it
- A workbook including a helpful toolkit to support your own mental health
- A certificate of attendance to say you are Mental Health Aware

### How do I book onto a course?

To make a MHFA Lite course group booking please request a booking form via: [c.mitcham@nhs.net](mailto:c.mitcham@nhs.net)