

MENTAL HEALTH FIRST AID

COURSE CONTENT

AIM

Mental Health First Aid (MHFA) Champions is an internationally recognised awareness course, designed to teach people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis.

Pre-Requisite

Aged 16+

Course Duration

1 day

Maximum Number

16 delegates

Training Aids

A mixture of group activities, presentations and discussions. All attendees will receive a copy of the MHFA manual and workbook

Assessment

None

Certification

On successful completion of the course candidates will receive a RSPH accredited certificate.

Additional Information

Meeting the needs and expectations of service users is of the highest priority to our staff. Therefore if you have any concerns or wish to make a comment about the service please contact: info@NETA.co.uk

COURSE OBJECTIVES

An awareness and skills course which will teach delegates to:

- Recognise main signs and symptoms of common mental health issues
- Provide initial support
- Guide a person towards appropriate professional help
- Be mindful of your own wellbeing
- Develop an understanding of how you can create and maintain a healthier workforce or community
- Reduce stigma around mental ill health
- Promote early intervention which enables recovery

COURSE SYLLABUS

- Mental health and depression
- Suicidal crisis

Course Ref: CPH31
CSM: 09/20