

MENTAL HEALTH FIRST AID

COURSE CONTENT

AIM

An introductory course designed to increase mental health awareness and give an understanding of how to look after wellbeing and challenge stigma

Pre-Requisite

Aged 16+

Course Duration

Half day

Maximum Number

16 persons

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:

- Raises awareness and mental health literacy
- Reduces stigma around mental ill health
- Boosts knowledge and confidence in dealing with mental health issues
- Promotes early intervention which enables recovery

COURSE SYLLABUS

- Mental Health and depression

Course Ref: CPH32
CSM: 09/20