



# ADULT MENTAL HEALTH FIRST AID

## COURSE CONTENT

### AIM

**Mental Health First Aid (MHFA) is an internationally recognised training 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

2 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](mailto:info@NETA.co.uk)

## COURSE OBJECTIVES

A practical skills and awareness course designed to give delegates:

- A deeper understanding of mental health and the factors that can affect people's wellbeing, including your own
- Practical skills to spot the triggers and signs of mental health issues
- Confidence to step in, reassure and support a person in distress
- Enhanced interpersonal skills such as non-judgmental listening
- Knowledge to help someone recover their health by guiding them to seek appropriate support

## **COURSE SYLLABUS**

### **Day 1**

- Mental Health First Aid, mental health and depression
- Suicidal crisis

### **Day 2**

- Anxiety, personality disorders, eating disorders and self-harm
- Psychosis, schizophrenia and bipolar disorder

Course Ref: CPH33  
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