

Mental Health First Aid Synopsis

Course Overview

Mental Health First Aid (delivered online or in person) is a 2-day training course which provides certification as an MHFAider®. This course teaches you how to identify, understand and provide help on a first aid basis to someone who may be experiencing a mental health issue. The course encourages development of non-judgemental listening and responding skills for initial support and early intervention, required for the role of an MHFAider®.

Course objectives

- Provides a deeper understanding of the issues that impact on and relate to people's mental health
- Teaches practical skills that can be used every day, including being able to spot the signs and symptoms of mental health issues, as well as developing confidence in guiding people towards support
- To feel empowered to carry out the role with confidence, skill and care

Content summary

- Understanding what mental health is and how to spot the signs and symptoms of mental ill health
- Exploring risk factors, protective factors and stigma and discrimination and how they influence mental health
- Practicing the skills required to engage in a supportive conversation using the MHFA action plan
- How to provide help on a first aid basis whether this is early intervention or crisis first aid support
- Learn how to empower someone to access the support they might need for recovery and build confidence to encourage someone to access appropriate support
- The importance of practicing self-care and boundaries within the role

Upon successful completion there is an opportunity to join the Association of Mental Health First Aiders®, England's first and only membership body for Mental Health First Aiders.

Requirements for attendees:

Over the age of 18

Comfortable with the content of the course