

Mental Health First Aid

Two-day course

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Our Two-Day Mental Health First Aid course can be delivered face-to-face (or online via 4 x 3-hour live sessions). It gives delegates a deep understanding of mental health and the practical skills to spot the signs in the workplace and know how to respond. The sessions are led by one of our approved MHFA England Instructor Members and all delegates who complete the course will be qualified as a Mental Health First Aider.



Who is this course for?

This course is suitable for anybody wanting to increase their knowledge and awareness of mental health and become a Mental Health First Aider in the workplace. The content of the course is embedded within a workplace context, meaning it is relevant to apply with staff and colleagues.

What does it cover?

The course covers an overview of what mental health is and some of the common mental ill-health issues. It addresses stigma and the impact of mental ill-health. It also teaches delegates the practical skills needed to identify signs of mental ill-health and be able to listen, reassure and respond appropriately. This interactive course is delivered through a combination of slides, videos clips, exercises, discussions and case studies, which delegates will explore through individual learning activities. It is a practical skills and awareness course which will enable delegates to support others immediately.

Key learning outcomes for delegates

- ✔ A deeper understanding of what mental health is, the different types of mental health illnesses and the factors that can affect people's wellbeing
- ✔ Practical skills to spot the triggers and signs of mental health issues
- ✔ The confidence and skills to step in, listen, reassure and support, even in a mental health crisis
- ✔ Knowledge to help someone recover their health by guiding them to appropriate support
- ✔ Enhanced interpersonal skills such as non-judgemental listening
- ✔ An increased awareness of their own mental health
- ✔ The skills to help reduce stigma and discrimination around mental health
- ✔ Helping to creating a culture of openness and support around mental health issues

Embedding action

Each participant completing the course will be given; a training manual packed with information about mental health conditions; a methodology for supporting others, support options and resources for potential challenges, a workbook with exercises, case studies, questions and reflections and an MHFA England Action Plan.

Each delegate is awarded a certificate upon completion, recognising them as a qualified mental health first aider, able to offer initial support to individuals experiencing symptoms of poor mental health.