

Mental Health First Aid (MHFA®)

Duration	Two days (delivered across 4 flexible sessions)
Participants	Up to 16
Provider	The Learning & Development Consultancy Ltd
Location	All locations in England, including Face to Face and Virtual/Online

Course Description

Mental Health First Aid (MHFA®) is a training course which teaches people how to identify, understand and help someone who may be experiencing a mental health issue.

MHFA® won't teach you to be a therapist, but it will teach you to listen, reassure and respond, even in a crisis – and even potentially stop a crisis from happening.

You'll learn to recognise warning signs of mental ill health, and develop the skills and confidence to approach and support someone while keeping yourself safe.

You'll also learn how to empower someone to access the support they might need for recovery or successful management of symptoms. This could include self-help books or websites, accessing therapy services through their GP, their school or place of work, online self-referral, support groups, and more.

What's more, you'll gain an understanding of how to support positive wellbeing and tackle stigma in the world around you.

Key Learning Points & Outcomes

- 🔗 An in depth understanding of mental health and the factors that can affect wellbeing
- 🔗 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-judgemental listening
- 🔗 Knowledge to help someone recover their health by guiding them to further support - whether that's self-help resources, through their employer, the NHS, or a mix

Course Structure

Day 1 - session 1

- 🔗 Your Mental Health First Aid course
- 🔗 What is Mental Health First Aid?
- 🔗 The MHFAider® role
- 🔗 Why Mental Health First Aid?
- 🔗 Self-care
- 🔗 An introduction to ALGEE
- 🔗 What is mental health?
- 🔗 Helpful and unhelpful language
- 🔗 Suzy's journey to work
- 🔗 The Frame of Reference
- 🔗 The Stress Container
- 🔗 MHFA® conversation: Jake and Lekha
- 🔗 Session 1 quiz

Day 1 - session 2

- What influences mental health?
- The Mental Health Continuum
- What is anxiety?
- Crisis first aid for a panic attack
- MHFA® conversation: Nadia and Liam
- What is a traumatic event?
- Crisis first aid for traumatic events
- Active listening
- What are eating disorders?
- First aid for eating disorders
- What is self-harm?
- Crisis first aid for self-harm
- What is substance misuse?
- MHFA® conversation practice
- Session 2 quiz

Day 2 - session 3

- Applying ALGEE
- What is depression?
- What is suicide?
- Lived experience of suicide
- Crisis first aid for suicide
- What is psychosis?
- MHFA® conversation: Thomas and Zack
- Crisis first aid for psychosis
- MHFA® conversation practice
- Session 3 quiz

Day 2 - session 4

- Recovery
- Applying ALGEE
- MHFA® conversation: Clare and Sally
- Boundaries in the MHFAider® role
- Session 4 quiz
- MHFA® conversation practice
- Moving forward in the MHFAider® role

Takeaways

Everyone who completes the course gets:

- A hard copy workbook to support their learning throughout the course
- A digital manual to refer to whenever they need it after completing the course
- A wallet-sized reference card with the Mental Health First Aid action plan
- A digital MHFAider® certificate
- Access to the MHFAider Support App® for three years
- Access to ongoing learning opportunities, resources and exclusive events
- The opportunity to be part of the largest MHFAider® community in England