

MHFA Champion Online

Duration	Two 4 hour instructor led live sessions over a period of one week
Participants	Up to 16
Provider	The Learning & Development Consultancy Ltd
Location	Virtual

Course Description

This course trains you as an MHFA Champion, giving you:

- 🔊 An understanding of common mental health issues
- 🔊 Knowledge and confidence to advocate for mental health awareness
- 🔊 Ability to spot signs of mental ill health
- 🔊 Skills to support positive wellbeing

Learning takes place through a mix of presentations, group discussions and workshop activities spread over two 4-hour live training sessions.

Target Audience

This course is aimed at managers however also suitable for those who want to gain a greater awareness of mental health, to detect early symptoms of some mental health illnesses and to learn the skills to support their own and others' positive wellbeing.

We limit numbers to 16 people per course so that the instructors can keep people safe and supported while they learn.

Key Learning Points & Outcomes

- 🔊 Recognise the main signs and symptoms of mental ill health
- 🔊 Provide initial help
- 🔊 Guide the person towards appropriate professional help
- 🔊 Develop an understanding of how you can create and maintain a healthier and more productive workforce
- 🔊 Be mindful of your own wellbeing

Course Structure – Session 1

- 🔊 About Mental Health First Aid
- 🔊 About mental health and stress in the workplace
- 🔊 Stigma and discrimination
- 🔊 Depression
- 🔊 Anxiety disorders
- 🔊 Other mental health issues (eating disorders, self-harm, psychosis)
- 🔊 Early warning signs of mental ill health
- 🔊 Alcohol, drugs and mental health

Course Structure – Session 2

- 🔊 Applying the Mental Health First Aid action plan
- 🔊 Action 1: Approach the person, assess and assist with any crisis
- 🔊 Suicide
- 🔊 Action 2: Listen and communicate non-judgementally
- 🔊 Action 3: Give support and information
- 🔊 Action 4: Encourage the person to get appropriate professional help
- 🔊 Action 5: Encourage other supports
- 🔊 Recovery
- 🔊 Building a mentally healthy workplace
- 🔊 Action planning for using MHFA

Takeaways

Everyone who completes the course gets:

- 🔊 A certificate of attendance to say you are an MHFA Champion
- 🔊 A manual to refer to whenever you need it
- 🔊 A quick reference card for the Mental Health First Aid action plan
- 🔊 A workbook including a helpful toolkit to support your own mental health