



Our Adult MHFA Two Day course qualifies you as a Mental Health First Aider.

Mental Health First Aiders have:

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

The course session covers;

Why Mental Health First Aid?

The Mental Health First Aid action plan

What is mental health?

Impact of mental health issues

Stigma and discrimination

What is depression?

Symptoms of depression

Risk factors for depression

Depression in the workplace

Suicide figures

Alcohol, drugs and mental health

First aid for suicidal crisis

Non-judgemental listening skills
First aid for depression
Treatment and resources for depression

What is an anxiety disorder?
First aid for anxiety disorders
Crisis first aid after a traumatic event
Alcohol, drugs and anxiety disorders
Treatment and resources for anxiety disorders
Cognitive distortions and CBT
Personality disorders
Eating disorders
Self-harm

What is psychosis?
Risk factors for psychosis
Alcohol, drugs and psychosis
Schizophrenia
Bipolar disorder
Warning signs of developing psychosis
Crisis first aid for acute psychosis
Treatment and resources for psychosis
Recovery and building resources
Action planning for using MHFA

The course is delivered by Adrian Thomas.

Adrian has lived experience of mental health illness including depression, anxiety disorder and suicidal ideation. You can read more about Adrian and his journey to delivering mental health training on this article.

<http://www.hailshamnewsandtalk.co.uk/hailsham-marathon-man-achieves-mental-health-ambassador-status/>

Background to Mental Health First Aid Training

MHFA training courses were first developed in Australia in 2000. In the years since, it has evolved into a global movement with licensed programmes in 24 countries and counting. Over two million people have been trained in MHFA skills worldwide. You can find out more about international MHFA programmes at mhfainternational.org.

MHFA came to England in 2007 and was launched under the Department of Health: National Institute of Mental Health in England (NIMHE) as part of a national approach to improving public mental health.

Evidence based

Grounded in research and rigorously tested, our courses are developed by experts with input from people with lived experience of mental health issues

Global movement

You'll be joining a community of over two million MHFA-trained people in 24 countries around the world

Accredited

The MHFA Instructor Training programme is accredited by the Royal Society for Public Health

Trusted

Thanks to rigorous testing and quality assurance process, you know you're getting the best in mental health training