



Overview of Adult Mental Health Aware Half Day

Our half day course is an introductory four-hour session to raise awareness of mental health.

It is designed to give you:

An understanding of what mental health is and how to challenge stigma

A basic knowledge of some common mental health issues

An introduction to looking after your own mental health and maintaining wellbeing

Confidence to support someone in distress or who may be experiencing a mental health issue

The course session covers;

What is mental health?

Mental Health Continuum

Factors which affect mental health

Stigma

Stress and stress management

Spotting signs of distress

Mental health conditions:

Depression

Anxiety disorders

Psychosis

Eating disorders

Suicide

Self-harm

Recovery

Take 10 Together - starting a supportive conversation

Supporting mental health in the workplace

Useful statistics

Helpful resources

Your Mental Health First Aid facilitator, Adrian Thomas.

Adrian spent most of his early career in the hospitality sector after starting out working summer seasons for overseas children's activity centres, initially working in remote locations while learning his tradecraft in kitchens. This led onto a passion for high volume, high quality bar and restaurant work before moving into the contract catering sector undertaking senior management and operations roles looking after prestigious contracts across the city of London such as Goldman Sachs, Ernst & Young and several of the top 20 global law firms where clientele expected 5 star service.

While doing this work Adrian regularly witnessed how the demands on individuals negatively impacted their mental health and the service levels they delivered, alongside having his own lived experiences of poor mental health. As a result of this, in 2017 he set up the charity **Different Minds** with the aim of supporting organisations, particularly those in the charity sector, as well as individuals, to develop their skills around mental health and to reduce stigma and discrimination in the workplace.

In 2018 Adrian moved to delivering the Mental Health First Aid (MHFA) training full time and is approved on the Adult two-day, 1 day, half day and refresher programme as well as the Youth MHFA 2-day & 1 Day courses. He is passionate about the topic and during 2019 he has trained over 850 delegates and 75 courses across all MHFA Adult and Youth programmes in organisations from education, the public Sector, manufacturing, business and industry, hospitality, aviation, hotels, media, the charity sector and Construction. Adrian works as both a solo instructor and with a large group of trusted associates depending on the size of the organisation being trained, meaning no matter the size of your company the courses can be effectively delivered.

Alongside supporting the learning around MHFA and delivering Stress Awareness training, Adrian delivers 'Lived Experience' talks for organisations on his own journey with mental ill health, discussing openly his journey with early life poor mental health, lifelong depression, anxiety and the highs and lows he has been through.

Adrian advocates that both self-care and a strong understanding of the risk factors for poor mental health are key to thriving in all areas of life and work, this in tandem with education around mental health is essential to reducing stigma and discrimination, this ethos carries into his personal life where he manages his own mental wellness through running, he has now completed 75 marathons/ ultra-marathons including the challenge of running 52 of them in 52 weeks.

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