

MHFA course outline

An MHFA course will teach you to:

- _ Spot the early signs of a mental health problem
- _ Feel confident helping someone experiencing a problem
- _ Provide help on a first aid basis
- _ Help prevent someone from hurting themselves or others
- _ Help stop a mental illness from getting worse
- _ Help someone recover faster
- _ Guide someone towards the right support
- _ Reduce the stigma of mental health problems

The MHFA course is delivered over two days / four sessions:

Section_01

- What is mental health?
- Why mental health first aid?
- The five steps of mental health first aid
- Impact and cost of mental health problems
- Influences on mental health
- Risk and protective factors
- What is depression?
- Alcohol, drugs and depression

Section_02

- Suicide in England
- How to help someone who is suicidal
- Listening non-judgementally
- First aid for depression
- Treatment and resources for depression
- Self care

Section_03

- What is anxiety?
- When is anxiety a problem?
- Alcohol, drugs and anxiety disorders
- Crisis first aid for panic attacks
- Crisis first aid for acute stress reaction
- Some common thinking distortions
- Treatment and resources for anxiety
- Self-harm
- Eating disorders

Section_04

- What is psychosis?
- Understanding psychosis
- Schizophrenia and bipolar disorder
- Recovery from psychosis
- Crisis first aid for acute psychosis
- Treatment and resources for psychosis
- Action planning for using MHFA