

Mental Health First Aider

Open Programme

This course will be delivered virtually.
Cost - £645 plus vat, per person



For a booking form please contact kellyhatton@futureproof-training.co.uk

Mental Health First Aider – Course Overview

Duration

Two days (delivered as 4 x 3 hours workshops spread over two weeks).

Course Overview

The MHFAider programme is a training course which teaches people how to identify, understand and help someone who may be experiencing a mental health issue. It won't teach you to be a therapist, but it will teach you to listen, reassure and respond, even in a crisis and potentially stop a crisis happening. The online course is interactive and is delivered through slides, video clips, activities, discussion and case studies which you will explore as a group to embed learning. It takes about 14 hours for a delegate to complete the course which is delivered over a two-week period.

Live Workshop One

- Why Mental Health First Aid?
- What is Mental Health?
- Why is mental health first aid needed?
- The impact of mental health issues
- Mental health first aid and the role of the MHFAider
- The introduction of ALGEE
- Frames of reference
- The stress container

Live Workshop Two

- What influences mental health
- Understanding anxiety
- How to offer mental health first aid to someone experiencing anxiety
- Active listening and why it matters
- Eating disorders & self harm
- Substance misuse and understanding the connection between mental health problems
- Mental health conversation practice

Live Workshop Three

- Applying ALGEE
- What is depression?
- Suicide
- How to give immediate help until professional help is available
- What to say and do in a crisis
- Practice listening and responding
- Understanding psychosis
- How to offer mental health first aid to someone experiencing psychosis

Live Workshop Four

- Mental health conversation practice
- Recovery from mental health problems
- Understanding the connection between mental health problems and discrimination
- Knowing the boundaries in the role
- Moving forward in the role and conversation practice
- Recap of programme

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MHFA England

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