

MENTAL HEALTH FIRST AID

Mental Health First Aid is a two day educational course which teaches people how to identify, understand and help a person who may be developing a mental health issue. In the same way as we learn physical first aid, Mental Health First Aid teaches you how to recognise those crucial warning signs of mental ill health.

Developed in Australia in 2000 and now internationally recognised in 23 countries, the MHFA course teaches people how to recognise the signs and symptoms of common mental health issues, provide help on a first aid basis and effectively guide someone towards the right support services.

COURSE BRIEF

The course is a mix of presentations, group discussions and group work activities. Our instructors provide a very safe learning environment and are trained to support you throughout the whole course. If you don't feel comfortable joining in with certain parts, then don't; we won't make you do something you aren't comfortable with. We want everyone to feel safe and our instructors can help if people find some parts particularly difficult. You'll receive a MHFA Standard manual that you can take away with you at the end of the course and also an attendance certificate from MHFA England to say that you are now a Mental Health First Aider. All that we ask is for attendees to be over the age of sixteen

COURSE OVERVIEW

Our Mental Health First Aid Standard (MHFA Standard) is an internationally recognised course that teaches you how to help people in a crisis or who are experiencing a mental health difficulty.

The Course is split up into four manageable chunks. These are:

What is mental health? | Suicide | Anxiety and depression | Psychosis

During the course, you'll learn how to:

- Spot the early signs of a mental health problem
- Feel confident about helping someone who is experiencing a mental health 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 to recover more quickly
- Guide someone towards the right support
- Reduce the stigma of mental health problems

Delivery Options:

Two full days of training delivery

Maximum number: 16

Please contact training@bristolmind.org.uk for fees