



# Mental Health First Aider Adult

## Course Aim

To become a Mental Health First Aider you must complete a two-day MHFA course. This is our most comprehensive awareness and skills course.

The course includes a mix of presentations, discussions and group work activities. Every MHFA course is delivered by a quality assured instructor who has completed our Instructor Training program accredited by the Royal Society for Public Health.

Anyone can attend an MHFA course but an interest in mental health and wellbeing is desirable.

When you have completed the course, you will receive a certificate to confirm that you are a trained Mental Health First Aider and a fold-out card summarising the five-step MHFA action plan. SMHFA course attendees also receive a mindfulness CD.

## Course Contents

- Spot the early signs and symptoms of mental ill-health
- Start a supportive conversation with a colleague who may be experiencing a mental health issue or emotional distress
- Listen to the person non-judgmentally
- Assess the risk of suicide or self-harm
- Encourage the person to access appropriate professional support or self-help strategies
- Escalate to the appropriate emergency services, if necessary
- Maintain confidentiality as appropriate
- Complete critical incident documents as and when necessary
- Protect themselves while performing their role
- Working inline with company policy



2 Days



MHFA First Aider England/Scotland Certificate



MHFA England/Scotland



Maximum of 16 people



Your premises, our premises, or virtual classroom