



Become a Mental Health First Aid Champion

This course is available as either an online or face-to-face training session. See 'book a course' section below for options.

This one day course trains you as an MHFA Champion, giving you:

- An understanding of common mental health issues
- Knowledge and confidence to advocate for mental health awareness
- Ability to spot signs of mental ill health
- Skills to support positive wellbeing

Format

- This is one day course delivered either face-to-face or via online video conferencing
- Learning takes place through a mix of presentations, group discussions and workshop activities
- We limit numbers to 16 people per course so that the instructor can keep people safe and supported while they learn

Takeaways

Everyone who completes the course gets:

- A certificate of attendance to say you are an MHFA Champion
- A manual to refer to whenever you need it
- A quick reference card for the Mental Health First Aid action plan
- A workbook including a helpful toolkit to support your own mental health

Course Structure

Session 1

- About Mental Health First Aid
- About mental health and stress in the workplace
- Stigma and discrimination
- Depression
- Anxiety disorders
- Other mental health issues (eating disorders, self-harm, psychosis)
- Early warning signs of mental ill health
- Alcohol, drugs and mental health

Session 2

- Applying the Mental Health First Aid action plan
- Action 1: Approach the person, assess and assist with any crisis
- Suicide
- Action 2: Listen and communicate non-judgementally
- Action 3: Give support and information
- Action 4: Encourage the person to get appropriate professional help
- Action 5: Encourage other supports
- Recovery
- Building a mentally healthy workplace
- Action planning for using MHFA