



# Mental Health First Aid

## Course outcomes

As an MHFAider® you will be able to:

- Recognise those that may be experiencing poor mental health and provide them with first-level support and early intervention
- Encourage a person to identify and access sources of professional help and other supports
- Practise active listening and empathy
- Have a conversation with improved mental health literacy around language and stigma
- Discuss the MHFAider® role in depth, including boundaries and confidentiality
- Practise self-care
- Know how to use the MHFAider Support App®
- Know how to access a dedicated text service provided by Shout and ongoing learning opportunities with MHFA England

## Format

- Online or face-to-face course structured across four flexible sessions.
- Learners will be trained over four live sessions, covering 14 hours of content in total. This will preferably on 2 consecutive days (7 hours per day) but can be delivered over a 2 week period.
- Learning takes place through a mix of instructor led training, group discussions, individual and group activities.
- Each session builds on the previous, enabling the learner to gain confidence in supporting others with a Mental Health First Aid action plan.
- We limit numbers to 16 people per course so that instructors can keep people safe and supported while they learn.
- We strive for all of our learning content to be as accessible and inclusive as possible.

## Takeaways

Everyone who completes this course gets:

- A hard copy workbook to support their learning throughout the course
- A digital manual to refer to whenever they need it after completing the course
- A wallet-sized reference card with the Mental Health First Aid action plan
- A digital MHFAider® certificate
- Access to the MHFAider Support App® for three years
- Access to ongoing learning opportunities, resources and exclusive events
- The opportunity to be part of the largest MHFAider® community in England

## Course structure

### Session 1

- Mental Health First Aid and the action plan
- The MHFAider® role and self-care
- Helpful and unhelpful language



- Useful models to support the role

## Session 2

- What influences mental health?
- What is anxiety?
- Crisis first aid
- Active listening and empathy
- What are eating disorders?
- What is self-harm?
- What is substance misuse?

## Session 3

- Applying the Mental Health First Aid action plan
- What is depression?
- What is suicide?
- Crisis first aid continued
- What is psychosis?

## Session 4

- Recovery and lived experience
- Boundaries in the MHFAider® role
- Moving forward in the MHFAider® role
- My MHFA action plan