



MENTAL HEALTH FIRST AID TRAINING



MTBM Group Sdn. Bhd. (1600656-M)

Level 8, MCT Tower, Sky Park, One City, Jalan USJ 25/1, 47650 Subang Jaya, Selangor

Course Title: Mental Health First Aid Training

Course Validity: 2 Day

Validity: 3 Year

HRD Corp Scheme: Claimable

INTRODUCTION

This training program is designed to equip participants with the skills to recognize, respond to, and support individuals experiencing mental health challenges. It provides practical tools to identify warning signs, provide immediate assistance, and guide individuals to appropriate professional help. The course focuses on reducing stigma, promoting mental well-being, and fostering a supportive workplace environment.

OBJECTIVE(S):

- Understand the fundamentals of mental health and its impact on individuals and organizations.
- Recognize the signs and symptoms of common mental health challenges.
- Learn techniques to provide immediate support to individuals in distress.
- Develop skills to approach and communicate effectively with affected individuals.
- Promote a culture of mental well-being and reduce workplace stigma.

TARGET GROUP(S):

- HR personnel and managers.
- Safety officers and first responders.
- Supervisors and team leaders.
- Employees interested in promoting mental health awareness.

ENTRY REQUIREMENT(S):

- Able to read, write, and communicate verbally in Malay/English.

TOPIC(S):

1. Introduction to Mental Health and Well-Being.
2. Recognizing Signs and Symptoms of Mental Health Challenges.
3. Providing Immediate Support: Mental Health First Aid Principles.
4. Communication Strategies for Mental Health First Aid.
5. Supporting Long-Term Recovery and Workplace Well-Being.

LIST OF REFERENCE BOOK(S):

- Mental Health First Aid Guidelines (MHFA International).
- Occupational Safety and Health Act 1994 (OSHA).
- World Health Organization (WHO) Guidelines on Mental Health at Work.

LIST OF TEACHING AID(S):

- LCD projector.
- Computer.
- Whiteboard with accessories.
- Case study materials and mental health resources.

METHODOLOGY(S):

- Lecture.
- Role-playing and simulations.
- Group discussions.
- Case study reviews and practical exercises.

TRAINING SCHEDULE

Day 1

Time	Activity/Topic
8:30 am - 9:00 am	Registration and Introduction
9:00 am - 10:30 am	Topic 1: Introduction to Mental Health and Well-Being
10:30 am - 10:45 am	Morning Tea Break
10:45 am - 12:30 pm	Topic 2: Recognizing Signs and Symptoms of Mental Health Challenges
12:30 pm - 1:30 pm	Lunch Break
1:30 pm - 3:30 pm	Topic 3: Providing Immediate Support: Mental Health First Aid Principles
3:30 pm - 3:45 pm	Afternoon Tea Break
3:45 pm - 5:00 pm	Group Discussion: Identifying Warning Signs and Appropriate Responses

TRAINING SCHEDULE

Day 2

Time	Activity/Topic
8:30 am - 9:00 am	Recap of Day 1
9:00 am - 10:30 am	Topic 4: Communication Strategies for Mental Health First Aid
10:30 am - 10:45 am	Morning Tea Break
10:45 am - 12:30 pm	Topic 5: Supporting Long-Term Recovery and Workplace Well-Being
12:30 pm - 1:30 pm	Lunch Break
1:30 pm - 3:30 pm	Role-Playing: Practical Mental Health First Aid Scenarios
3:30 pm - 3:45 pm	Afternoon Tea Break
3:45 pm - 5:00 pm	Practical Assessment and Feedback