

First Aid for Mental Health

Course Overview

A Mental Health First Aider is a nominated person within an organisation who anyone can go to, to assist with a mental health problem. The first aider will help to advise and guide those needing assistance, and will have knowledge of how to identify those who are developing mental health issues.

The course provides knowledge and understanding of the principles of first aid for mental health. This includes recognising mental ill health in themselves and others, supporting mental wellbeing in the workplace, understanding how to promote a wellness culture in the workplace and the importance of resilience and self-care for first aiders for mental health.

Course Content

The course covers:

- Understanding mental health and wellbeing.
- Types of mental ill health and mental illnesses and identifying signs and symptoms.
- Strategies to support in the management of mental health.
- Sources of guidance and support and how to signpost.
- Understanding first aid for mental health.
- Roles and responsibilities of a first aider for mental health.
- Roles and responsibilities of the employer in relation to supporting mental health in the workplace.
- How to recognise and support mental ill health and mental illness.
- Principles that underpin assessment of mental ill health and how to develop action plans to support mental ill health.
- Creating a positive mental health culture in the workplace.
- The importance of self-care as a first aider for mental health.

Structure

2 days face to face or online delivery.

The course is split into two units:

Unit 1 - Introduction to mental ill health and wellbeing.

Unit 2 - Introduction to first aid for mental health.

If you would like further information, please contact us:

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