

# COURSE GUIDELINES

## THE STRESS-LESS METHOD

Our Adult MHFA Two Day course qualifies you as a Mental Health First Aider.

Mental Health First Aiders have:

- An in depth understanding of mental health and the factors that can affect wellbeing
- Practical skills to spot the triggers and signs of mental health issues
- Confidence to step in, reassure and support a person in distress
- Enhanced interpersonal skills such as non-judgemental listening
- Knowledge to help someone recover their health by guiding them to further support - whether that's self-help resources, through their employer, the NHS, or a mix



The Stress-Less Method  
[www.thestress-lesslife.com](http://www.thestress-lesslife.com)

Mental Health  
First Aid starts  
with you



## **SESSION ONE**

- Why Mental Health First Aid?
- The Mental Health First Aid action plan
- What is mental health?
- Impact of mental health issues
- Stigma and discrimination
- What is depression?
- Symptoms of depression
- Risk factors for depression
- Depression in the workplace

## **SESSION TWO**

- Suicide figures
- Alcohol, drugs and mental health
- First aid for suicidal crisis
- Non-judgemental listening skills
- First aid for depression
- Treatment and resources for depression
- Self-care

## **SESSION THREE**

- What is an anxiety disorder?
  - First aid for anxiety disorders
  - Crisis first aid after a traumatic event
  - Alcohol, drugs and anxiety disorders
  - Treatment and resources for anxiety disorders
  - Cognitive distortions and CBT
  - Personality disorders
  - Eating disorders
  - Self-harm
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- What is psychosis?
  - Risk factors for psychosis
  - Alcohol, drugs and psychosis
  - Schizophrenia
  - Bipolar disorder
  - Warning signs of developing psychosis
  - Crisis first aid for acute psychosis
  - Treatment and resources for psychosis
  - Recovery and building resources
  - Action planning for using MHFA