

Standard Mental Health First Aid Course

The Standard Mental Health First Aid course will teach you how to provide initial support to other adults who may be experiencing a mental health problem or mental health crisis.

» Topics

- Depression
- Anxiety
- Psychosis
- Substance Misuse

» Crisis situations

- Suicidal thoughts and behaviours
- Panic attacks
- Traumatic events
- Severe psychotic states
- Severe effects from alcohol or other drugs
- Aggressive behaviours.

» Key Learning Outcomes:

- Ability to recognise and identify mental health issues
- Increased confidence in approaching and having a conversation
- Respond confidently in a crisis situation
- Ability to encourage connection to professional help
- Understand the importance of self care

» Delivery Methods



Face to Face

- 12 hours over 2 days
- Max 20 participants



Blended

- Self-Paced eLearning (5-7 hours)
- 4 hours face to face
- Max 15 Participants



Online:

- Self-Paced eLearning (5-7 hours)
- 2 x 2.5 hour online facilitator led sessions
- Max 12 Participants

Contact Us

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