

Mental Health First Aid Course Outline

What is MHFA (Mental Health First Aid)?

Mental Health First Aid is the help given to someone experiencing a mental health difficulty before professional help is obtained. The training is accredited by Mental Health First Aid England and the MHFA global community has trained over a million people in 26 countries.

MHFA teaches people how to recognise the symptoms of mental ill health, how to provide the initial help and how to guide a person towards the appropriate professional help.

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 role in depth, including boundaries and confidentiality
- Practice self-care

Course Content

The MHFA course is structured as four sessions for both online and face-to-face delivery.

Section One	Section Two
<ul style="list-style-type: none"> • MHFA and the MHFAider role • Self-care • Introduction to ALGEE • What is mental health? • Helpful and unhelpful language • Frame of Reference • The Stress Container • Film and discussion 	<ul style="list-style-type: none"> • What influences mental health? • The Mental Health Continuum • Applying ALGEE to case studies • What is anxiety? • Film and discussion • What is a traumatic event? • Active listening and empathy • What are eating disorders? • What is self-harm? • What is substance misuse? • MHFA conversation practice
Section Three	Section Four
<ul style="list-style-type: none"> • Applying ALGEE to case studies • What is depression? • What is suicide? • What is psychosis? • Film and discussion • MHFA conversation practice 	<ul style="list-style-type: none"> • Recovery and lived experience • Applying ALGEE to case studies • Film and discussion • Boundaries in the MHFAider role • MHFA conversation practice • Moving forward in the MHFAider role and your MHFA action plan • Returning to self-care

Course Schedule

The course is participatory and includes a number of group exercises and practical activities. You will get the most out of the training if you take part in these. It is essential to attend all of the sessions in order to receive the certificate.

COURSE SCHEDULE			
Session 1		Session 3	
1 hr 45 mins	Section One	1 hr 45 mins	Section Three
15 mins	Break	15 mins	Break
1 hr	Section One	1 hr 30 mins	Section Three
45 mins	End / Lunch	30 mins	End / Lunch
Session 2		Session 4	
1 hr 30 mins	Section Two	1 hr	Section Four
15 mins	Break	15 mins	Break
1 hr 45 mins	Section Two	1 hr	Section Four
N/A	End	N/A	End

For more information, please contact the Restore Mental Health Training Team on 01865 455822 or email training@restore.org.uk.