



Equality and Diversity UK
www.equalityanddiversity.co.uk

Mental Health First Aid Training Course



Mental ill health covers a variety of different conditions, ranging from depression, anxiety and stress related disorders to schizophrenia and personality disorder.

In the workplace the primary manifestations of mental ill health are anxiety, stress and depression which, although they may not be caused directly by work, are frequently exacerbated by it.

This course raises awareness of mental health, teaches basic skills in how to start a mental health conversation and provides a toolkit on how to look after your own mental health

The course is registered with MHFA England.



MHFA England

This course is available as an In-House Course, and we also run it regularly as an Open Course

What the course covers

It covers:

- What mental health is and how to challenge stigma
- A basic knowledge of some common mental health issues
- An introduction to looking after your own mental health and maintaining wellbeing
- Mental Health Continuum
- Factors that affect mental health
- Stress and stress management
- Spotting signs of distress
- Confidence to support someone in distress or who may be experiencing a mental health issue

The mental health first aid course (MHFA) aims to teach delegates to:

- Spot the signs/symptoms of Mental Ill Health
- Provide help on a First Aid Basis

Learning takes place through a mix of group/ individual activities, trainer presentations, quizzes and discussions.

Delegates have the opportunity to share practice, ask questions and have access to resources to support development and learning after the training

The course is open to everyone and is delivered by a qualified MHFA instructor

Aims of the Course

This course will raise your awareness, understanding and skills and will teach you to:

- Recognise the main signs/symptoms of common Mental Health issues
- Provide initial support
- Reflect on your own wellbeing
- Develop an understanding of how you can create and maintain a healthier workforce or community
- Promote early intervention which enables recovery
- Share information and knowledge of social, cultural, lifestyles and age related Mental Ill Health issues

Outcomes

By the end of the day delegates will be able to:

- Recognise the main signs/symptoms of common mental health issues
- Provide initial support
- Guide a person towards appropriate professional help
- Be mindful of your own well being
- Develop an understanding of how you can create and maintain a healthier workforce/community

Cost

Open Course: £395

In House Course: Full day: £895 - Half day: £595

Please see our Costs and Agreement

www.eduk.uk/docs/eduk-costs-and-agreement.pdf