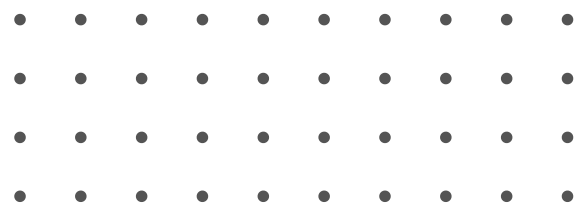
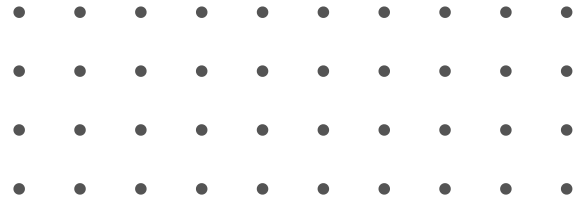


# ABOUT MENTAL HEALTH FIRST AID





# EMPOWERING SUPPORT & AWARENESS

1 in 4 people experience poor mental health each year

Just like physical first aid, MHFA teaches people how to support someone experiencing a mental health crisis or challenge

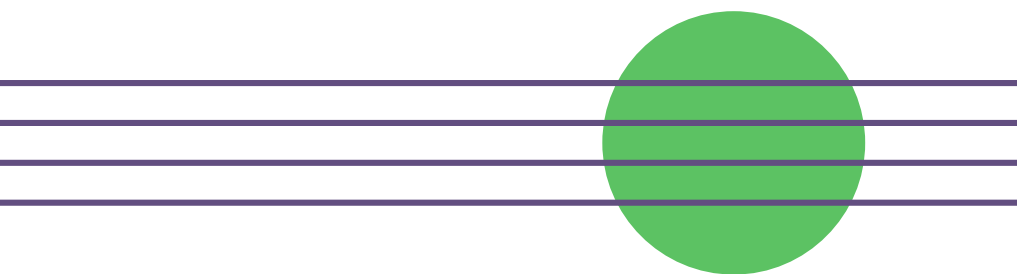
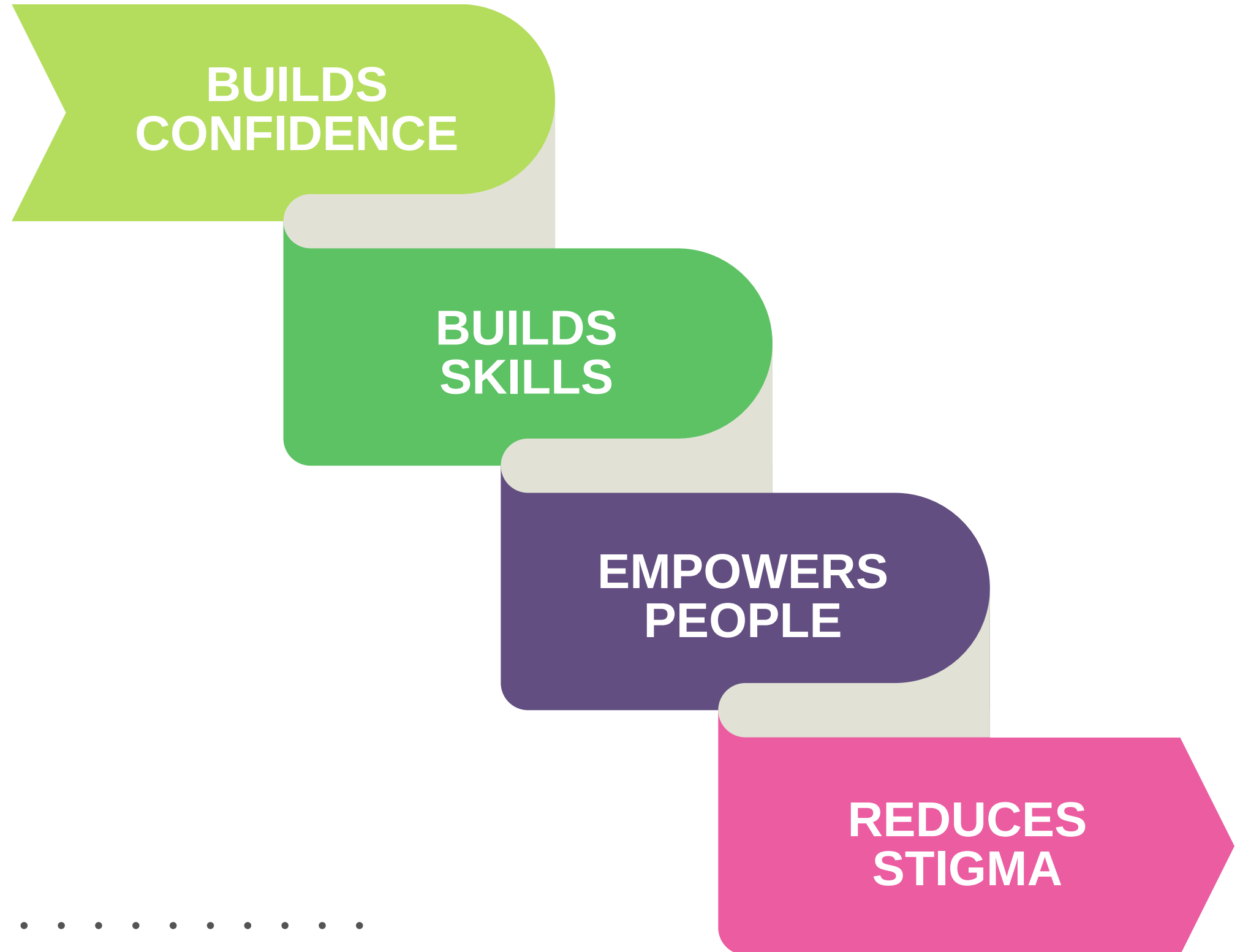


# THE BENEFITS

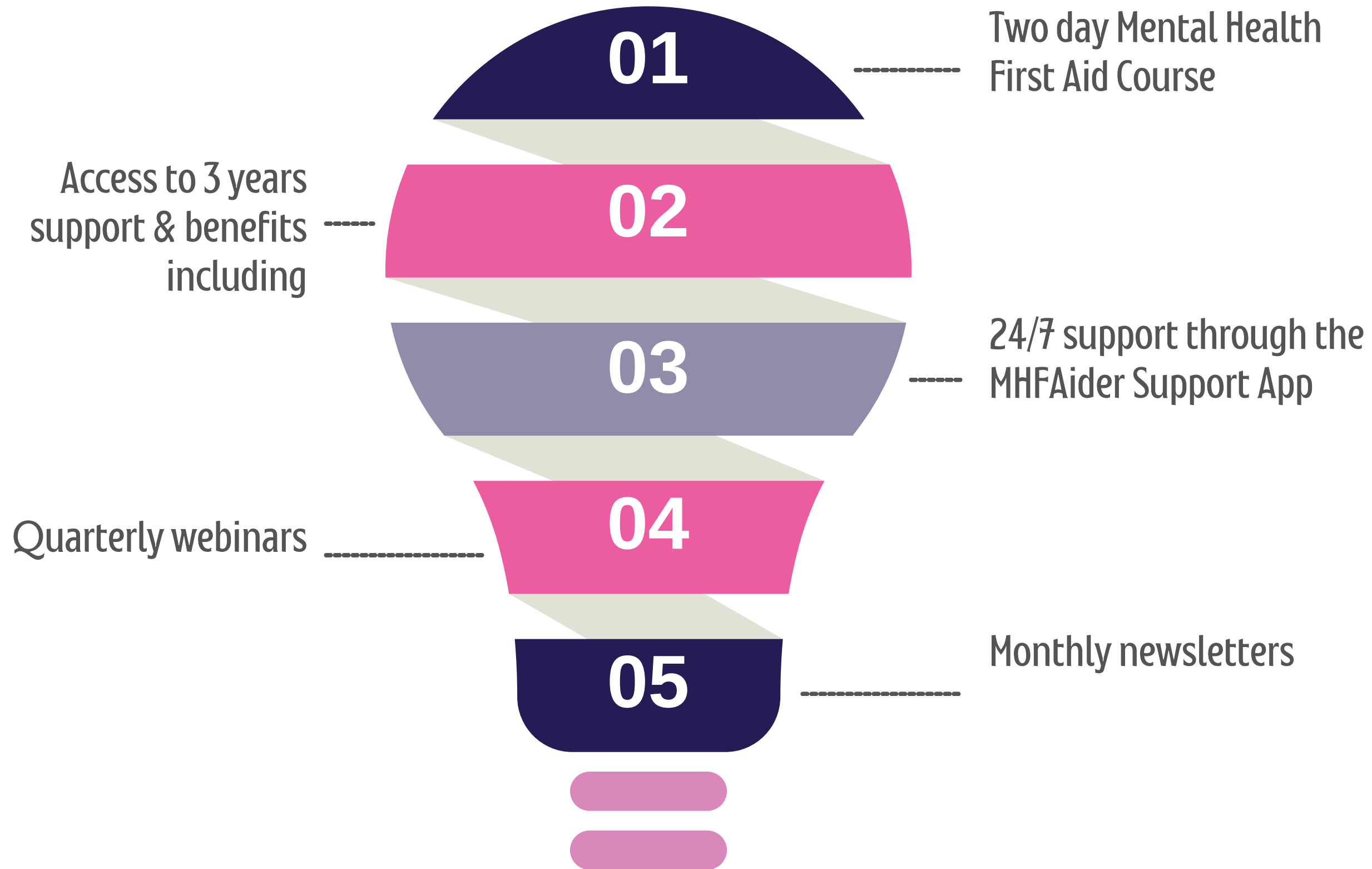
Mental Health First Aid equips learners with the knowledge and skills to recognise signs of poor mental health, confidently start conversations, and guide individuals to appropriate support.

This can help those struggling by:

- Preventing mental health challenges from becoming more serious
- Providing comfort and support to those experiencing poor mental health
- Promoting recovery and wellbeing

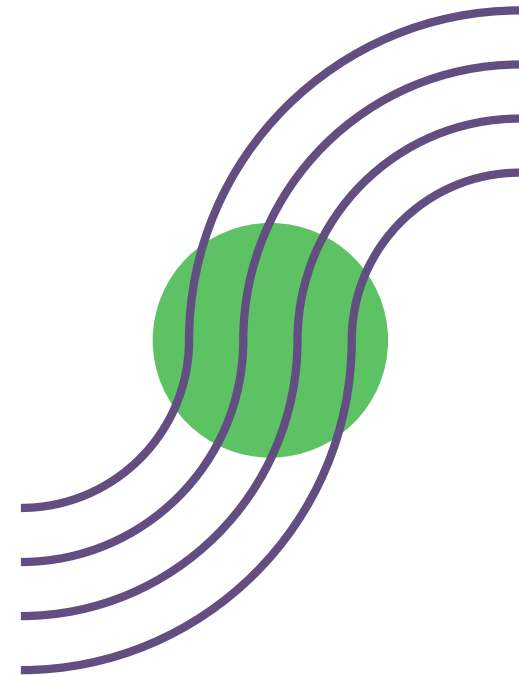


# WHAT'S INCLUDED?



RRP £325pp

Fully funded by the Niall Stringer Foundation making the cost to you £0pp



# CURRICULUM

Introducing MHFA & the MHFAider role | Self-care | The MHFA Action Plan | What is mental health? | Stigma | Stress | An example MHFA conversation | Session 1 quiz

## DAY 1 SESSION 1

What influences mental health? | Mental health continuum | Anxiety | Active listening & empathy | Eating illnesses | Self-harm | Substance misuse | Conversation practice | Session 2 quiz

## DAY 1 SESSION 2

Applying the MHFA Action Plan | Depression | Suicide | Psychosis | Conversation practice | Session 3 quiz

## DAY 2 SESSION 3

Recovery | Applying the MHFA Action Plan | Boundaries in the role | Session 4 quiz | Conversation practice | Moving forward in the role | Self-care

## DAY 2 SESSION 4

