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## **Courses – Mental Health First Aid**

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# Introduction to Mental Health Awareness

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Gain awareness and understanding of mental health issues. This course is designed to help learners develop their underpinning knowledge and understanding in relation to mental health, mental ill health and wellbeing. As well as actively promoting personal positive wellbeing, it gives a basic understanding of the most common mental health issues and explains how to recognise them.

Topics covered include:

- Understanding mental health and wellbeing
- Understanding how mental ill health affects the experience of individuals.
- Understanding the mental health continuum
- Understand ways to self-manage own wellbeing.



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# Mental Health First Aid

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Developed to allow learners to become a first aider for mental health in their workplace. This means they will be able to provide basic mental health support or to be the first response to someone in need.

Mental Health First Aid training is not designed to teach you how to be a therapist, but it will teach you to recognise the most common issues people face with mental ill health and teach you how to listen, reassure and actively support those who are struggling.

Topics included:

- Underpinning knowledge and understanding in relation to the principles of first aid for mental health
- Recognising mental ill health in self and others
- Supporting mental wellbeing in the workplace
- Understanding how to promote a wellness culture in the workplace.
- The importance of resilience and self-care for first aiders for mental health
- Direct anyone with potential mental ill health to appropriate and reliable support, both within the workplace and externally
- Be a confident mental health advocate within the workplace.
- Assist with policy writing and risk assessments for mental health in the workplace

