

Mental Health Champion – 1 day

Aims of the course

This one-day course qualifies delegates as a Mental Health First Aid Champion with MHFA (Mental Health First Aid) England. Mental Health First Aid (MHFA) is an internationally recognised training course which teaches people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis. MHFA won't teach you to be a therapist, but just like physical first aid, it will teach you to listen, reassure and respond, even in a crisis. It's suitable for anyone who wants to better support and understand their employees' or colleagues' mental health.

Course content:

Session 1: AM

- About Mental Health First Aid
- About mental health and stress in the workplace
- Stigma and discrimination
- Depression
- Anxiety disorders
- Other mental health issues (eating disorders, self-harm, psychosis)
- Early warning signs of mental ill health
- Alcohol, drugs and mental health

Session 2: PM

- Applying the Mental Health First Aid action plan
- Action 1: Approach the person, assess and assist with any crisis
- Suicide
- Action 2: Listen and communicate non-judgementally
- Action 3: Give support and information
- Action 4: Encourage the person to get appropriate professional help
- Action 5: Encourage other supports
- Recovery
- Building a mentally healthy workplace
- Action planning for using MHFA

By completing this course, delegates will:

Qualify as a Mental Health First Aid Champion.

MHFA Champions have:

- An understanding of common mental health issues
- Knowledge and confidence to advocate for mental health awareness
- Ability to spot signs of mental ill health
- Skills to support positive wellbeing

Prerequisites:

None

Assessment:

Everyone who completes the course gets an MHFA manual to keep and refer to whenever they need it, and a certificate to say they are a Mental Health First Aid Champion. You'll also get a copy of the Line Managers' Resource, an invaluable source of advice on how to support an employee experiencing mental ill health.

For further details please contact Adel Houten on 0797 6883345 or email adel@healthperks.co.uk



MHFA England