



Mental Health

First Aid in practice

Support Mental Health First Aiders put their skills into action in the workplace.

Group booking options:

Delivery:

Face-to-face
Remote

Participants:

6 to 12
6 to 12

Duration:

Full day
Five hours (over two sessions)

Give your mental health first aiders a better understanding of their roles with a clear definition

Ensure they have an ongoing support and development plan

Develop the role to have a greater impact on your organisation

Mental Health First Aid (MHFA) enables people to spot the signs and symptoms of mental ill health, and to provide help on a first aid basis.

But initial training is only the first step in the process - and this course can help you see all the benefits Mental Health First Aiders can bring to your organisation.

It will refresh their skills, develop their practice and help them to find support, if needed.

What you'll learn

- Examination of the role of a Mental Health First Aider, with a recap of the symptoms of mental health conditions and stress
- How to use the ALGEE action plan in conversations about mental wellbeing
- What to do if someone is at risk of harming themselves and others (safeguarding processes)
- How to access support for mental health first aider or others
- How to increase mental health awareness within an organisation

Who this course is for

For existing Mental Health First Aiders. This course is suitable for those recently qualified or those who have been in this role for a while. This course aims to embed their original MHFA training to benefit the business further.



Course summary

We will help to develop the role mental health first aiders play in your organisation. It will refresh their skills, develop their practice and help them to find support, if needed.

In Part One we explore the role of a Mental Health First Aider in the workplace. We then provide a recap of the signs and symptoms of both stress and some common mental health conditions, before looking at how we can use the ALGEE action plan in conversations about mental wellbeing.

In Part Two we consider the implications of the role in more detail, looking at safeguarding, self-care, support and signposting.

We then explore how to raise awareness about mental health, ending with a team action plan to put into place the strategies and activities suggested throughout the course.

Your organisation will get a summary of feedback in order to show the course's impact, and to identify any further learning needs.

The course has been developed in line with the Training Accreditation Programme methodology, an industry-recognised standard which structures training and embeds learning effectively.

About us

Our expert team have been delivering workplace training to organisations from all sectors for decades, helping to shape culture and inclusivity of workplaces across the UK. We specialise in helping both employers and employees to develop the knowledge, confidence and capacity to effectively support colleagues and

individuals with a disability or health condition.

All our training is delivered by a team of experienced consultants, who have extensive knowledge and a practical understanding of workplace issues.

Get in touch

To book, for more information or for a tailored quotation, contact us:



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