



Adult Mental Health First Aid

Course Duration: 2 Days

Mental Health First Aid (MHFA) is a two-day intensive, interactive and practical training course. This course gives delegates the skills to have a non-judgemental conversation, recognise the signs and symptoms of common mental health issues and effectively guide a person towards the right mental health support.

Delegates will gain an in depth understanding of mental health and the factors that can affect wellbeing, as well as practical skills to spot the triggers and signs of mental illness, and the confidence to step in, reassure and support a person in distress.

Objectives/Aims:

By the end of the training, participants will be able to:

- Spot the early signs of a mental health problem
- Feel confident helping someone experiencing a problem and deal with a crisis situation or help prevent someone hurting themselves or others.
- Help stop a mental illness from getting worse
- Help someone recover faster
- Guide someone towards the right support
- Help reduce the stigma of mental health problems
- Use ALGEE, a unique memory tool for conducting Mental Health First Aid
- Practice as an accredited Mental Health First Aide

Course Programme:

Mental Health First Aid is an evidence-based intervention that can be delivered in a wide variety of settings, where first aid is given to an individual experiencing distress until appropriate help and treatment is received or the crisis resolves.

Please be aware that this course focuses on employees in the workplace and covers subjects that some people may find distressing, including suicide and self-harm. If an attendee feels overwhelmed, they can leave the course at any time.

If you feel in advanced that this subject may be too distressing for the attendee please check with them prior to booking.

Course Publications:

Candidates are issued with a 2 Day Adult MHFA Manual, 2 Day Adult MHFA Workbook and a pocket size reference guide.

Assessment:

There is no formal assessment for this course but delegates must complete all sections of the course.

Prices per Person:

£299.00 per person + VAT

Pre-Requisites for Candidates:

No formal qualifications or experience are necessary. Adult MHFA courses can be attended by people aged 16 upwards and are relevant for the general population

Delegates should be competent in literacy, language comprehension and numeracy.

Any physical impairment or literacy issues should be discussed with LTC Training Services Ltd prior to making a booking so we can best accommodate your needs.

Training Location Options:

We offer this course from our Devon and Cornwall training centres as well as giving customers the option to hold training on site at a location of their choice (subject to minimum candidate numbers and the proposed venue having a suitable classroom facility and any other necessary facilities required for this course). Please contact us for further details.

Course Start Time:

Course starts at 8.15am and finish at approximately 5.00pm each day.

Certification:

Certificates are included in the cost of this course and are produced by MHFA England. All candidates will be forwarded an email by MHFA England with a link to download certification: this should be actioned a.s.a.p. Candidates will also be able to download a digital badge which can be used for posters, profile pictures and letterheads. Certificates are valid for 3 years.

Refresher Training:

Mental Health First Aid (MHFA) England certification is valid for 3 years from the date of course completion. MHFA England recommend that to keep your skills and knowledge up to date that you refresh your skills every two to three years.

Equipment:

Candidates are not required to bring any special equipment. Writing materials will be provided.

Lunch and Refreshment Facilities:

A buffet lunch is included at no extra cost. Water, tea, coffee, fridge and microwave facilities are also available in our canteen for your use free of charge.

Unfortunately we are not able to provide lunches when training is carried out on-site.

Accommodation and Transport:

Candidates are required to organise and pay for their own accommodation and transport should it be required. A list of local accommodation can be provided on request.

Number of Candidates per Course:

A maximum of 20

(Date of latest revision: October 2020)