

# MENTAL HEALTH FIRST AID (MHFA)

(Two-day programme)

Mental Health First Aid (MHFA) is an internationally recognised training course which teaches people how to spot the signs and symptoms of ill mental health and provide help on a first aid basis.

The MHFA course 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 will give you the practical skills and awareness to deliver Mental Health First Aid in the Workplace, and beyond.

Oakridge offer a two-day MHFA course by our accredited associate instructor.

## PREPARATION

- Introduction to Mental Health First Aid (MHFA)
- Discussion with group on how they have identified ill mental health within their workplace

## PERSONAL VALUE

- You will be trained as a certified Mental Health First Aider through our accredited programme with MHFA England
- Clear understanding of how to immediately recognise and then implement action plans to support those suffering from mental ill health
- Build on your confidence to engage with and influence those towards clear action plans to support them within the workplace (and externally)
- Equally, identifying them for yourself
- Supports your own Personal Development Programme

## KEY OUTPUTS

- Learn to build your awareness and knowledge about mental health issues and the tools and support available to help you apply them
- Build your confidence in emotional engagement, influencing and communication skills to support those in distress and create a greater awareness to reduce the stigma around mental ill health
- Promotes early intervention which enables a recovery support programme to be implemented

## ORGANISATIONAL VALUE

- Identifying and being proactive about managing mental ill health at an early stage
- Reducing long-term absence from work
- Provides good Business Practice overall

## PROGRAMME CONTENT

- A deeper understanding of mental health and the factors that can affect people's wellbeing, including your own
- Practical skills to spot the triggers and signs of mental health issues
- How to build your confidence to step-in, reassure and support a person in distress
- Provide you with enhanced interpersonal skills and techniques such as non-judgemental listening, influencing and emotional intelligence
- Knowledge and coping strategies to help you to support and recover someone back to stronger mental health by guiding them to appropriate care and guidance strategies – from issues of anxiety, depression, substance abuse to psychosis and suicidal crisis management