

Mental Health First Aid

Mental Health First Aid is the help given to someone experiencing a mental health problem before professional help is obtained. The aims are:

- to preserve life where a person may be a danger to themselves or others
- to provide help to prevent the mental health problems developing into a more serious state
- to promote the recovery of good mental health
- to provide comfort to a person experiencing a mental health problem

Mental Health First Aid does not teach people to be therapists. However, it does teach people how to recognise the symptoms of mental health problems, how to provide initial help and how to guide a person towards appropriate professional help.

Courses for Individuals & Groups Employers & Organisations

'I feel more confident about identifying mental health problems and knowing what to say and do in person rather than referring on and feeling hopeless oneself'

2 Day Course from £140 per person



Mental Health First Aid

12 hour course

COURSE CONTENT

<ul style="list-style-type: none">• Why mental health first aid?• English mental health policy & legislation	<ul style="list-style-type: none">• The five steps of mental health first aid• Action planning for using MHFA
<ul style="list-style-type: none">• What is depression?• Symptoms of depression• Alcohol, drugs and depression• Risk factors for depression• First aid for depression• Treatment and resources for depression	<ul style="list-style-type: none">• What are anxiety disorders?• Symptoms of anxiety disorders• Alcohol, drugs and anxiety disorders• Crisis first aid for panic attacks• Crisis first aid for acute stress reaction• Treatment and resources for anxiety disorders
<ul style="list-style-type: none">• Self harm & suicide in England• Crisis first aid for suicidal behaviour• Crisis first aid for overdose• Other expressions of distress, including self harm	<ul style="list-style-type: none">• What are psychotic disorders (schizophrenia, bipolar disorder)?• Symptoms of psychotic disorders• Risk factors for psychosis• Crisis first aid for acute psychosis• Treatment and resources for psychosis

'I gained more confidence in knowing that what I have been doing is good practice.'

MHFA is an evidence-based course is a national training programme regulated by the National Mental Health Development Unit.

The course teaches skills for providing initial help to people experiencing mental health problems such as depression, anxiety disorder and psychosis.

Each participant will receive a certificate of attendance and a course handbook

REQUIREMENTS

A Mental Health First Aid course requires:

- A commitment from all participants to attend both days of the course. Certificate of attendance and course handbook are only available to participants who complete the course.
- An understanding from all participants that the topic of mental ill health is a complex area that does not come with 'quick fixes'.
- An understanding that any discussion about individuals is to be anonymous and confidential.
- Involvement in small group discussion.

COURSE DETAILS

For individuals

For individuals wanting to undertake Mental Health First Aid training, a course will be held at Workways in Exeter on **13 & 14 October 2010**. (Further dates to be announced)

Cost (including lunch & handbook) **£140 + VAT per person**

- Full payment payable or will be invoiced upon booking a place. The fee is not refundable.
- If for any reason you need to cancel your place, your fee will not be refunded but a substitute can be nominated providing they can attend both days of the course.
- If the course is cancelled by Workways, you will be offered alternative dates. If a suitable alternative date cannot be arranged you will be refunded.

To Book a Place: Download a Booking Form from www.workways.org.uk or
Tel: **01392 677050** or e-mail info@workways.org.uk (subject line: 'Mental Health First Aid')

For employers, groups or other organisations

If you have a number of people interested (minimum 10, maximum 15 participants) we can deliver a course at your premises on dates to suit you. This could cost as little as £143 per participant⁺.

Cost (including handbook for each participant) **£2260 + VAT per group + expenses**

- The group fee shown above is for a minimum 10, maximum 15 participants for a two day course.
- **5% discount** available to organisations who have signed the MINDFUL EMPLOYER Charter for Employers who are Positive About Mental Health.
- The fee applies to courses delivered in the *South West region*. Courses outside the South West region will be subject to additional charges to cover extra time commitment and overnight accommodation as required. The fee includes telephone or e-mail discussion to plan the course for your organisation (face to face planning meetings may be subject to additional charges).
- A minimum of 6 weeks notice is required. When dates for the course have been agreed, you will be invoiced for the full fee + VAT, less discount if applicable. The fee is not refundable.
- Travel and any other expenses will be invoiced after the course.

⁺Based on 15 participants employed by a Charter signatory. VAT and travel costs to be added if applicable.

To discuss a course for your organisation: contact Richard Frost on **01392 677050** or e-mail info@workways.org.uk (subject line: 'Mental Health First Aid')

All prices are correct as at February 2010 and may be subject to change

COURSE TRAINERS

Employed by Devon Partnership NHS Trust, the course is run by approved Mental Health First Aid Trainers who also have considerable experience in helping people with mental health problems find and remain in employment and in providing training to employers and other organisations.

Lynn Aggett, Vocational Advisor

Lynn qualified as an Occupational Therapist in 1990. Since that time she has worked as an OT within a variety of mental health settings, in-patient and community mental health, working with adults of working age and older adults. She has been working as a Vocational Advisor with Workways since 2005 and facilitates the MINDFUL EMPLOYER initiative. Throughout this time she has been involved in delivering a variety of training to both employers and supporting organisations as well as continuing to run group work for people using Workways. Lynn is also City & Guilds 7300 trained.

Vicky Stratton, Vocational Advisor

Vicky worked for the Ministry of Defence for 9 years as a clerical officer, and then worked as an auxiliary nurse at the Royal Devon & Exeter Hospital for 3 years. Vicky qualified as an Occupational Therapist in 2004 and started work at Workways as a Vocational Coach. She qualified as a Neuro Linguistical Programme (NLP) Practitioner in 2007. In 2008 Vicky became a Vocational Advisor, and has been facilitating the Pathways to Work programme. Vicky has experience in running groups and has been involved in delivering training to employers. Vicky is also City & Guilds 7300 trained.

Other staff from Workways may also assist in the delivery of the course.

We also provide **mental health awareness** sessions for managers, staff and workplace teams – please contact us for more information or visit www.workways.org.uk/training.htm

‘This was very useful, informative and enjoyable – would recommend to others.’

‘An inspiring and interesting course; everyone enjoyed it and got something out of it that they feel they can make positive use of.’