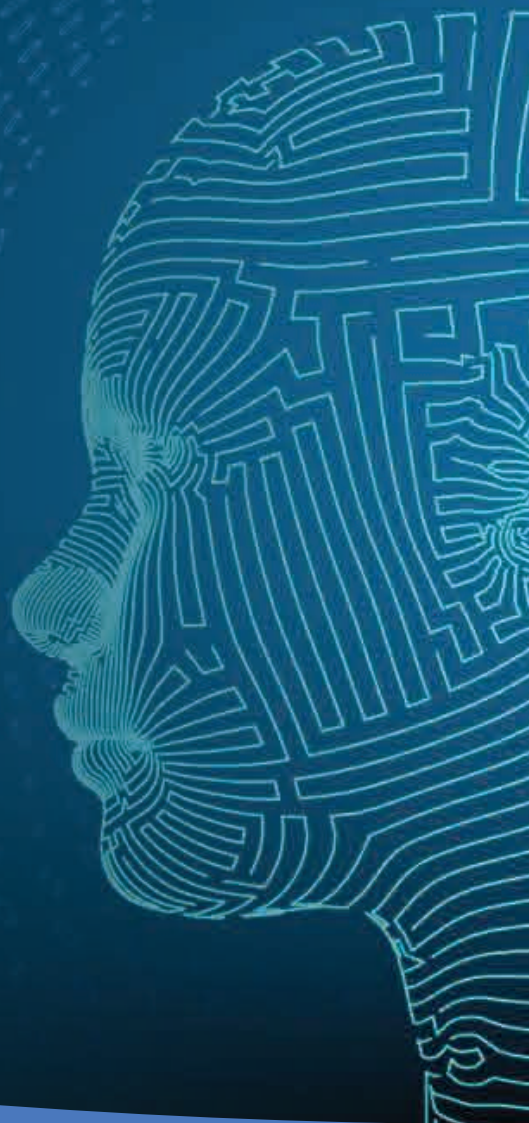


YOUR GUIDE TO MENTAL HEALTH FIRST AID



L A T U S

AN INTRODUCTION TO MENTAL HEALTH FIRST AID

Mental Health First Aid (MFHA) Adult is a two-day educational course. In the same way that people learn physical first aid, MHFA teaches you how to recognise signs of developing mental health issues.

The MHFA course is an internationally recognised programme, running in over 20 countries. 68% of Mental Health First Aiders report using their new skills with at least one person.

You will learn to:

- Identify the early stages of a mental health problem
- Help someone who's dealing with a mental health issue
- Help stop someone from self-harming or hurting others
- Help stop mental ill health from worsening
- Help someone have a quicker recovery
- Guide someone towards proper professional help
- Break the stigma of a mental health problem

Every participant gets a manual and workbook. These contain information to use as a reference during and after training.

After the course, employees get a 'Z card' – a foldout sheet printed with information and resources. Add this to a lanyard to identify trained Mental Health First Aiders.

THE MENTAL HEALTH FIRST AID ENGLAND COURSE

SECTION ONE: **MENTAL HEALTH FIRST AID**

Section one is an introduction to Mental Health First Aid England. It explains what MHFA is, and gives an overview of the benefits to the workplace.

Participants will learn about:

- Mental health policy in England
- Common mental health problems
- Public attitudes toward mental health issues
- How different people experience mental health issues

The instructor will then explain the acronym ALGEE:

- Assess risk of suicide or self-harm
- Listen non-judgmentally
- Give reassurance and information
- Encourage the person to get appropriate professional help
- Encourage self-help strategies

This action plan is the foundation of mental health first aid. You will use it in the next sections.



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SECTION TWO: **DEPRESSION**

Section two covers depression. You will explore what depression actually is, learn to recognise the symptoms of depression, and become familiar with the risks.

You will then apply the ALGEE action plan, learning how to use mental health first aid to assess, listen and reassure. You will also learn about treatments for depression.

SECTION THREE: **ANXIETY**

Section three covers anxiety and its related disorders. This includes the symptoms of anxiety, types of anxiety disorders, and associated risk factors.

The ALGEE action plan shows you how to assess, listen and reassure. You will learn about the expressions of distress associated with anxiety—including self-harm, risky behaviour and eating disorders—and how to apply mental health first aid after a traumatic event.

SECTION FOUR: **PSYCHOSIS**

Section four covers psychosis. You will develop an understanding of the condition and its symptoms. The course covers two of the most common psychotic disorders—schizophrenia and bipolar disorder.

Again, you will use ALGEE as an action plan to assess, listen and reassure. You will learn how to apply mental health first aid to a crisis of acute psychosis.

USEFUL INFORMATION

Useful information is spread across – and common to – each section of the course. This includes:

- Protected characteristics and mental health
- The benefits of cognitive behavioural therapy (CBT)
- Guidance on self-harm and substance abuse
- Early intervention and recovery for younger people
- Integrated models of wellbeing
- Non-judgmental listening
- Crisis first aid
- Wellness recovery action planning

COURSE DELIVERY

Latus delivers the courses at times, places and dates that suit your organisation, in groups of 8 to 16.

Our case management team will manage the bookings and help you prepare for the training.

CERTIFICATION

The MHFA course is an internationally recognised programme running in over 20 countries. Developed under the Department for Health, the course is formally accredited in England by The Royal Society for Public Health.

Participants get a certificate from MHFA England, certifying them as a mental health first aider.

REQUIREMENTS & OBJECTIVES

Each employee gets a copy of the MHFA England workbook, which includes 11 handout activities and nine case studies. MFHA England use the completion of the book as a measure of meeting learning objectives.

The book provides an opportunity to think of questions you want to ask during the course.

REFRESHER TRAINING

Latus offers support with training and refresher courses. We deliver workshops on mental health awareness, change management, stress management, resilience at work and mindfulness. These are generally half-day courses delivered to groups of 12 to 20 people. Contact us for further details.

OUR MENTAL HEALTH FIRST AID INSTRUCTORS

We work with experts across the whole of the UK. Our instructors have all participated in the MHFA Adult Training course. Our instructors carry out at least 20 hours of their own study outside of this training.

Instructors can deliver solo courses after approval.

Annual requirements for MHFA instructors include:

- Delivering at least two MHFA courses a year
- Ensure everyone who attends your MHFA courses receives a manual
- Attend one continuing professional development (CPD) training event
- Renew their annual membership

We provide details of trainer experience and qualifications upon request.

**CALL 01482 633048 TO
BOOK A COURSE
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