

Workplace MHFA Half Day



This introductory four hour mental health awareness session is designed to give:

- An understanding of what mental health is and how to challenge stigma
- A basic knowledge of some common mental health issues
- An introduction to looking after your own mental health and maintaining wellbeing
- Confidence to support someone in distress or who may be experiencing a mental health issue

We limit numbers to 25 people per course so that the instructor can keep people safe and supported while they learn. Learning takes place through a mix of group activities, presentations and discussions.

Everyone who completes the course gets:

- An MHFA manual to refer to whenever they need it
- A workbook including a helpful toolkit to support their own mental health
- A certificate of attendance to say they are Mental Health First Aid Aware

Course structure

- What is mental health?
- Mental Health Continuum
- Factors which affect mental health
- Stigma
- Stress and stress management
- Spotting signs of distress
- Mental health conditions:
 - Depression
 - Anxiety disorders
 - Psychosis
 - Eating disorders
 - Suicide
 - Self-harm
- Recovery
- Take 10 Together - starting a supportive conversation
- Supporting mental health in the workplace
- Useful statistics
- Helpful resources

"A helpful, practical approach which helped develop my understanding."