
Course Outline

MHFA - MENTAL HEALTH FIRST AID

Course length: 2 days

Qualification: Attendance certificate

Syllabus:

By the end of this Mental Health First Aid course, you will be equipped to:

- **Spot the signs:** Recognize individuals experiencing poor mental health and provide vital first-level support and early intervention.
- **Guide to recovery:** Encourage and help people identify and access professional help and support networks.
- **Communicate effectively:** Practice deep active listening and empathy while using inclusive language that reduces mental health stigma.
- **Understand your role:** Master the MHFAider role in depth, including critical boundaries and confidentiality.
- **Prioritize yourself:** Practice essential self-care while supporting others.
- **Leverage exclusive tools:** Know how to use the MHFAider Support App® and access the dedicated Shout text service.

Each session builds progressively on the last, giving you the confidence to apply a structured Mental Health First Aid action plan.



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- Session 1:
 - Mental Health First Aid and the action plan
 - The MHFAider role and self-care
 - Helpful and unhelpful language
 - Useful models to support the role
- Session 2:
 - What influences mental health?
 - What is anxiety?
 - Crisis first aid
 - Active listening and empathy
 - What are eating disorders?
 - What is self-harm?
 - What is substance misuse?
- Session 3:
 - Applying the Mental Health First Aid action plan
 - What is depression?
 - What is suicide?
 - Crisis first aid continued
 - What is psychosis?
- Session 4:
 - Recovery and lived experience
 - Boundaries in the MHFAider role
 - Moving forward in the MHFAider role
 - My MHFA action plan

Cost: £250 per person + VAT (£300) on open courses

Please call 01522 300161 or email singletons-group@outlook.com for in-house courses.



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