

MHFA England: Online MHFA Course Overview

Who is this course for?

This course will enable attendees to become a Mental Health First Aider.

It's ideal for designated staff at every level who would like to become Mental Health First Aiders with skills to spot signs of a range of mental health issues and guide a person to appropriate support.



Learning outcomes

- An in-depth understanding of mental health and the factors that can affect wellbeing.
- Practical skills to spot the triggers and signs of mental health issues.
- Confidence to step in, reassure and support a person in distress.
- Enhanced interpersonal skills such as non-judgemental listening.
- Knowledge to help someone recover their health by guiding them to further support - whether that's self-help resources, through their employer, the NHS, or a mix.

Session 1: Introduction to MHFA

- Why Mental Health First Aid?
- The Mental Health First Aid action plan
- What is mental health?
- Impact of mental health issues
- Stigma and discrimination
- What is depression?
- Symptoms of depression
- Risk factors for depression
- Depression in the workplace



Individual learning:
1h (completed prior to session 1)



Live session:
1.45m



Optional Q&A:
30m

Session 2: Depression and suicide

- Suicide figures
- Alcohol, drugs and mental health
- First aid for suicidal crisis
- Non-judgemental listening skills
- First aid for depression
- Treatment and resources for depression
- Self-care



Individual learning:
2h (completed prior to session 2)



Live session:
2.20m



Optional Q&A:
30m

Session 3: Anxiety disorders, self harm and eating disorders

- What is an anxiety disorder?
- First aid for anxiety disorders
- Crisis first aid after a traumatic event
- Alcohol drugs and anxiety disorders
- Treatment and resources for anxiety disorders
- Cognitive distortions and CBT
- Personality disorders
- Eating disorders
- Self-harm



Individual learning:
2h (completed prior to session 3)



Live session:
2h



Optional Q&A:
30m

Session 4: Psychosis, recovery and action planning

- What is psychosis?
- Risk factors for psychosis
- Alcohol, drugs and psychosis
- Schizophrenia
- Bipolar disorder
- Warning signs of developing psychosis
- Crisis first aid for acute psychosis
- Treatment and resources for psychosis
- Recovery and building resources
- Action planning for using MHFA



Individual learning:
2h (completed prior to session 4)



Live session:
1.55m



Optional Q&A:
45m

Why should I book the Online MHFA course?

- ✓ Our course is written by experts, grounded in research, and tested by people with lived experience of mental ill health
- ✓ Our MHFA England course is delivered by a qualified Instructor Member who has completed our Instructor Training programme accredited by the Royal Society for Public Health.
- ✓ Our Online MHFA course provides a platform for an inclusive and flexible learning experience for your employees.
- ✓ Employees will learn invaluable skills, increase their knowledge and confidence to be able to support their peers, teams and colleagues within their workplace, both remotely and face to face.

FAQ

Who should be a Mental Health First Aider?

- People who want to learn more about mental health to support others, whether or not they have experienced mental health issues themselves. It's important to have a wide range of individuals who represent the diversity of your organisation, and who can commit to the time required and have support from their line manager to fulfil the role once trained.

What will attendees receive as part of the course?

- An MHFA workbook to accompany their learning.
- An MHFA manual to refer to whenever they need it.
- A wallet-sized z-card of the Mental Health First Aid action plan.
- A certificate to say they are a Mental Health First Aider.

How is the course structured?

- We recommend that the course is run over four consecutive days where possible. Attendees will be trained through a mix of self guided learning modules, and live sessions with an MHFA Associate instructor, covering 15 hours in total. Attendees will need to complete the self guided learning modules prior to each live session and attend each live session to be certified as a Mental Health First Aider.

How many people is the course suitable for?

- We limit numbers to 16 people per course so that the instructor can keep people safe and supported while they learn.

How is the course delivered?

- The course is delivered through our Online Learning Platform (Enabley). It will host the self guided learning modules, the live sessions with your MHFA Associate instructor, and enable break out rooms during the training for exercises. We will share access to Enabley for all attendees 1 week prior to the first session so they can complete the first self guided learning module.



Thank you

**For further information
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