

Course Title: Mental Health First Aid - Adults

Duration: 2 Days

Broad Aims: This course is for anyone who would like a better understanding of mental health conditions and to discuss the principles of Mental Health First aid.

Overview

The 12 hour AMHFA (Wales) course teaches adults how to provide Mental Health First Aid to friends, families and co-workers.

Mental Health First Aid is the help provided to a person who is developing a mental health problem, experiencing a worsening of an existing mental health problem, or in a mental health crisis. The first aid is given until the appropriate professional help is received or the crisis resolves

The Adult Mental Health First Aid (Wales) course is based on international MHFA Guidelines. Curriculum content is evidence-based, with the input of mental health professionals, researchers, and consumer advocates.

As a participant, you will gain improved knowledge of mental illnesses and their interventions, knowledge of appropriate first aid strategies, and confidence in helping individuals experiencing a mental health problem.

Learning Outcomes: By the end of the day, learners will be able to:

- Define the difference between mental health and mental illness.
- Dispel some of the incorrect stereotypes that surround mental health and mental illness.
- Discuss how we can support someone with mental health illness
- Explore our own attitudes and perceptions towards mental health and mental illness.
- Describe some of the common illnesses
- Discuss suicide and non-suicidal self-injury and its impact
- Explain the term 'Mental Health First aid'
- Discuss ways to support someone in a mental health crisis

e-AMHFA Course Content

Module 1: Introduction to Mental Health: Self Directed

- 1.1 Mental Health in Context
- 1.2 Stigma, Risk Factors and Early Intervention
- 1.3 The MHFA Model

Module 2: Depression: Self Directed

- 2.1 Introduction to Depression
- 2.2 Crisis First Aid for Suicidal Thoughts and Feelings
- 2.3 Crisis First Aid for Non-suicidal Self-injury
- 2.4 The MHFA Action Plan for Depression

Module 3: Anxiety: Self Directed

- 3.1 Introduction to Anxiety
- 3.2 Crisis First for Panic Attacks
- 3.3 Crisis First Aid for Traumatic Experiences
- 3.4 The MHFA Action Plan for Anxiety

Webinar 1: Live via Zoom

- Revision of Modules 1-3
- Role of The Mental Health First Aider
- Application of The MHFA Action Plan
- Self-care for the Mental Health First Aider

You will not be able to access Modules 4 & 5 until you have completed Webinar 1 with your Instructor.

Module 4: Psychosis: Self Directed

- 4.1 Psychosis: Introduction, Myths and Stigma
- 4.2 Signs and Symptoms of Psychosis
- 4.3 Crisis First Aid for Acute Psychotic Episodes
- 4.4 The MHFA Action Plan for Psychosis

Module 5: Substance Use: Self Directed

- 5.1 Introduction to Substance Use
- 5.2 Crisis First Aid for Substance Use
- 5.3 The MHFA Action Plan for Substance Use

Webinar 2: Live via Zoom

- Revision of Modules 4 & 5
- Stigma and Judgements
- Application of The MHFA Action Plan
- Certification