

**Course Title:** Mental Health First Aid Awareness

**Duration:** Full or Half day

**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.

**PLEASE NOTE THIS IS NOT A MHFA COURSE**

### **Overview**

This course is designed to provide learners with an introduction to Mental Health and Mental Illness. The course aims to raise awareness of mental health, and to understand and recognise the causes, symptoms and support options for a range of common and less-common mental health problems.

This course will give the learner an overview of the principles of Mental Health First aid and will provide strategies in how to deal with a Mental Health emergency at work.

### **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 its impact
- Explain the term 'Mental Health first aid'
- Discuss ways to support someone in an emergency at work