



Mental Health First Aid (Wales) - 2 Day Course

BACKGROUND:

Mental Health First Aid (MHFA) is a 12-hour interactive course developed in Australia which is now delivered in 23 countries worldwide.

TARGET GROUP:

Everyone; especially helpful for frontline workers. This course gives attendees the opportunity to learn new skills that are applicable in all aspects of life.

COURSE AIMS:

Mental Health First Aid aims to support you to identify, understand and help a person who may be developing a mental health problem.

In the same way as we learn physical first aid, mental health first aid teaches you how to recognise when a person might need help and the best way to approach them. It gives you the tools to support your own and other people's mental health.

LEARNING OUTCOMES:

1. How to apply the 5 steps of MHFA
2. How to respond if you believe someone is at risk of suicide.
3. How to give immediate help until professional help is available.
4. What to say and do in a crisis
5. The importance of good listening skills
6. Practice listening and responding
7. Understanding recovery from mental health problems
8. Understanding the connection between mental health problems and alcohol and drugs
9. Understanding the connection between mental health problems and discrimination
10. Some basic information about common mental health problems
11. Self-help information

ORGANISATIONAL BENEFITS:

When staff are supported and receive training to support them in their role, the impact on their confidence and ability to deliver the service can only be positive, they feel valued and retention is improved along with good practice.

£1650 + VAT for 12 people, at your venue

(Including all materials)

For further information or to reserve your place contact Steps Training on **02920 095300** or email info@steps-training.co.uk @ St Line House, Mount Stuart Square, Cardiff Bay, CF10 5LR