



Adult Mental Health First Aid (Wales) - 2 Day Course

BACKGROUND:

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.

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 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.

LEARNING OUTCOMES:

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. Topics covered include:

Developing mental health problems

- Depression
- Anxiety problems
- Psychosis
- Substance use problems

Mental health crises

- Suicidal thoughts and behaviours
- Non-suicidal self-injury
- Panic attacks
- Traumatic events
- Severe psychotic states
- Severe effects from alcohol or other drug use
- Aggressive behaviours

* Please note that due to the sensitive topics discussed within the training it is recommended that participants have an appropriate level of well-being before attending.

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.

For up to 12 people, at your venue

(Including all materials)

For further information, contact Steps Training on **02920 095300** or email info@steps-training.co.uk