



Mental Health First Aid (MHFA)

People generally don't know how to recognise mental health problems or know what help is available. This is a **two day** programme which will provide you with the skills to provide **initial support** for someone with a mental health problem.

MHFA teaches participants:

- how to recognise the symptoms of mental health problems
- how to provide initial help
- how to guide a person towards appropriate professional help

Benefits of the course

- Clear and accurate information about mental illness
- Improved skills in recognising mental health problems
- Confidence in your ability to provide initial information & support to someone with a mental illness
- Increased understanding of your own mental health
- Promote mental health literacy

Topics covered include:

- What is meant by mental health / mental ill health?
- Dealing with crisis situations such as suicidal behaviour, self harm, panic attacks and acute psychotic behaviour
- Recognising the signs and symptoms of common mental health problems including depression, anxiety disorders, psychosis and substance use disorders
- Where and how to get help
- Self help strategies



DHC Supported Initiative

Places on all programmes are limited and subject to minimum numbers.
Dates subject to change.
Where email address has been supplied this will be used as means of contact.
**This sessions are open to staff & volunteers of
COMMUNITY & VOLUNTARY SECTOR
organisations operating within the Western Health & Social Care Trust Area**