

MIDLANDS & EAST COAST REGION

The GMB MHFA Two Day course qualifies attendees as Mental Health First Aiders.

Mental Health First Aiders have:

- An in depth understanding of mental health and the factors that can affect wellbeing
- Practical skills to spot the triggers and signs of mental health issues
- Confidence to step in, reassure and support a person in distress
- Enhanced interpersonal skills such as non-judgemental listening
- Knowledge to help someone recover their health by guiding them to further support

The course includes the following content in 4 sections:

- What is mental health?
- Impact of mental health issues
- Stigma and discrimination
- What is depression?
- Symptoms of depression
- Risk factors for depression
- Depression in the workplace
- Suicide figures
- Alcohol, drugs and mental health
- First aid for suicidal crisis
- Self-care
- What is an anxiety disorder?
- First aid for anxiety disorders
- Crisis first aid after a traumatic event
- Personality disorders
- Eating disorders
- Self-harm
- What is psychosis?
- Risk factors for psychosis
- Alcohol, drugs and psychosis
- Schizophrenia
- Bipolar disorder
- Warning signs of developing psychosis
- Crisis first aid for acute psychosis
- Action planning for using MHFA

The course will be delivered over 2 days – **TUESDAY 12TH & WEDNESDAY 13TH JULY.**

If you require any further information, please contact Katy Statham:

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