



Mental Health First Aid 12 hour course

COURSE OUTLINE

<p style="text-align: center;">Session 1</p> <ul style="list-style-type: none"> ◆ Why mental health first aid? ◆ English mental health policy ◆ Common mental health problems ◆ The five steps of mental health first aid ◆ What is depression? ◆ Symptoms of depression ◆ Alcohol, drugs and depression ◆ Risk factors for depression 	<p style="text-align: center;">Session 3</p> <ul style="list-style-type: none"> ◆ What are anxiety disorders (PTSD, GAD, social phobia, panic disorder, agoraphobia, OCD)? ◆ Symptoms of anxiety disorders ◆ Alcohol, drugs and anxiety disorders ◆ Crisis first aid for panic attacks ◆ Crisis first aid for acute stress reaction ◆ Treatment and resources for anxiety disorders
<p style="text-align: center;">Session 2</p> <ul style="list-style-type: none"> ◆ Suicide in England ◆ Crisis first aid for suicidal behaviour ◆ Crisis first aid for overdose ◆ First aid for depression ◆ Treatment and resources for depression 	<p style="text-align: center;">Session 4</p> <ul style="list-style-type: none"> ◆ What are psychotic disorders (schizophrenia, bipolar disorder)? ◆ Symptoms of psychotic disorders ◆ Risk factors for psychosis ◆ Crisis first aid for acute psychosis ◆ Treatment and resources for psychosis ◆ English mental health legislation ◆ Other expressions of distress, including self harm ◆ Action planning for using MHFA

You will receive a copy of the Mental Health First Aid Handbook as part of your course materials.

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