



# Mental Health **First Aid Course**



**Now only £45pp for a 2 day intensive Mental Health First Aid Course on:  
22/23<sup>rd</sup> June!**

- **Includes course materials and handbook**
- **FREE LUNCH and Refreshments on both day!!!**

In any one year, 1 in 4 British adults and 1 in 10 children and young people will experience some form of mental distress.

In the current economic climate, with debt, rising unemployment and people losing their homes, we can expect to see an increase in stress-related illnesses, depression and even suicides. People may at times have to deal with distressed or vulnerable people, and difficult situations which they have little understanding of or training to cope with.

Mental Health First Aid (mhfa) is a two-day intensive, certificated course, that:

- Provides a greater awareness of mental health issues.
- Helps participants to recognise those affected by mental health problems.
- Helps participants to react sensitively and be able to offer initial support and guidance towards professional support and recovery.
- Tackles prejudice and helps participants to improve their performance in dealing with vulnerable members of the public.

**Courses can also be arranged at your place or work, and on other dates!!**

For further information or to book your place on a course email:  
[lesleyhilton@hotmail.com](mailto:lesleyhilton@hotmail.com) and or [ellena@redbridgeequalities.org](mailto:ellena@redbridgeequalities.org)

# Mental Health First Aid

## COURSE OUTLINE

### DAY 1

#### Session 1

- Introductions
- Exploring the key mental health issues in England
- The mental health continuum
- Exploring stigma & discrimination
- Explaining the five basic steps of mental health first aid
- The impact of mental health problems
- Depression - signs and symptoms and how it affects people

#### Session 2

- The prevalence of suicide in England
- Risk factors for suicide
- Suicidal thoughts
- Listening skills
- First aid for depression and suicide
- Self-care and stress-reduction techniques

### DAY 2

#### Session 1

- Anxiety
- Panic Disorder
- Generalised Anxiety Disorder
- Phobias
- Post Traumatic Stress Disorder
- Acute Stress Disorder
- Obsessive Compulsive Disorder
- Eating Disorders
- Other expressions of distress

#### Session 2

- Psychosis
- Bi-polar Disorder
- Schizophrenia
- Reflections on the course & how to use what has been learned



# Mental Health First Aid

## BOOKING FORM

**NAME:**.....

**ADDRESS:**.....

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**POST CODE:**.....

**TELEPHONE NO:**.....

**EMAIL ADDRESS:**.....

**COMPANY/ORGANISATION:**.....

**POSITION:**.....

**DATE OF COURSE:**.....**VENUE:**.....

**Number of places required:**.....**TOTAL Price:**.....

**PLEASE NOTE:** Payment should be made and cheques cleared in advance

**Cheques should be made payable to : Redbridge Equalities & Community Council**