

MENTAL HEALTH FIRST AID

Mental Health First Aid (MHFA) is an evidence-based training program that teaches people how to identify, understand, and provide initial support to someone experiencing a mental health or substance use challenge. Similar to physical first aid, it provides skills to stabilize someone until professional help arrives, reducing stigma and offering, non-judgmental support.

Our **Mental Health First Aid** course covers the following topics for Practical application in use with Adults:

INTRODUCTION TO MENTAL HEALTH FIRST AID

- Mental Illness at the workplace
- Access to Mental Health
- Stigma and the barriers to Mental Health
- Understanding Mental Health First Aid

UNDERSTANDING MENTAL ILLNESS

- What is Mental Illness
- What is Mental Health
- Influences of Mental Health
- Stress, Distress and Mental Illness
- Mental Illness and Brain Health

MENTAL HEALTH FIRST AID SKILLS

- Qualities of a Mental Health First Aid Champion
- Create safe space and therapeutic alliance
- Communication Skill
- Communication Do's and Don't
- Assessing for risk of suicide

APPLYING MENTAL HEALTH FIRST AID

- Listening out for signs of change in mental health
- Self-help strategies for mental health and mental well-being

Certification: 1 year (approved by Ministry of Labour)

Test (Multiple-choice): None

Duration	Skills Test	Written Test	CPD Points	Certificate Valid
4 Hours	NO	NO	3	1 YEAR

