



**Supporting Healthy,
Resilient Workplaces**



Mental Health First Aid



**action
mental
health**

Mental Health First Aid



First aid as we know it is the help given to an injured person before medical treatment can be obtained. Mental Health First Aid (MHFA) differs only in that it is the help provided to a person developing a mental health problem or who is in a mental health crisis. The first aid is given until appropriate professional treatment is received or until the crisis is resolved.

The aims of MHFA are to:

- ✓ preserve life where a person may be a danger to themselves or others
- ✓ provide help to prevent the mental health problem becoming more serious
- ✓ promote the recovery of good mental health
- ✓ provide comfort to a person experiencing a mental health problem

MHFA teaches participants:

- ✓ how to recognise the symptoms of mental health problems how to provide initial help how to go about guiding a person towards appropriate professional help

Why MHFA?

- Mental health problems are common – the most common of these is depression which will affect 1 in 4 people in the course of their life
- There is stigma around mental health problems and this can prevent people seeking help
- People generally don't know how to recognise mental health problems or what help is available
- People with mental health problems may not be aware that help is available or know how to access this support. They may be in some distress and would benefit from the support of an individual with the awareness and confidence to respond calmly
- Professional help is not always immediately available
- In a mental health crisis situation, the helper's actions may determine how quickly the person gets appropriate professional help





Course format and duration

Mental health first aid is delivered by two mental health first aid trainers to a minimum of eight and a maximum of 20 participants face to face, or fourteen participants online.

Each course is delivered over two consecutive days or one day a week for two weeks or in 3 four-hour sessions.

Course Content



What is meant by mental health/mental ill health?



Where and how to get help



Dealing with crisis situations such as suicidal behaviour, self-harm, panic attacks and acute psychotic behaviour



Self-help strategies



Recognising the signs and symptoms of common mental health problems including depression, anxiety disorders, psychosis and substance use disorders

*Whilst this course does not contain any distressing content, the subject matter may provoke an emotional response for some participants. All participants are supported to engage with the training and the trainer is equipped to offer signposting/further support information as required at every session. If you have any concerns these can be discussed prior to any training delivery.

[Find out more about our programmes here.](#)

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