

action  
mental  
health

# Workplace Wellbeing

## Mental Health Training Programmes

Mental Health First Aid



Public Health  
Agency

Project supported by the PHA





# 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:

-  What is meant by mental health/mental ill health?
-  How to deal with crisis situations such as suicidal behaviour, self-harm, panic attacks and acute psychotic behaviour.
-  Recognising the signs and symptoms of common mental health problems including depression, anxiety disorders, psychosis and substance use disorders.
-  Where and how to get help.
-  Self-help strategies.

## 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.





## Programme format and duration

**Duration:** 12 hours delivered over 2 days, either consecutively or weekly. Alternatively, 3x four-hour sessions.

**Requirements:** Participants must be usually resident in NI.

**Participant numbers:** 10-20 for in-person training. Max. 14 for online training.

**Please note minimum numbers for training must be met or training cannot proceed.** For smaller groups/individuals please ask us about our MHFA online open events.

This programme is PHA accredited and delivered by 2 MHFA instructors.

## Further support

**Whilst this training 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.

**Book now to  
improve your  
workplace wellbeing**

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Action Mental Health is a local charity supporting minds and changing lives, across Northern Ireland.

To find out how you can support our vital work through donations and fundraising, or by leaving a gift in your Will, please visit [amh.org.uk](https://amh.org.uk).



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