



Training in Mind

Hyfforddiant Mewn Meddwl



Mental Health First Aid (Wales) course outline

All Mental Health First Aid (Wales) courses will include the following sessions over a 12 hour period:

Session 1

- Why mental health first aid?
- Mental health policy in Wales
- Common mental health problems
- Attitudes and the See Me anti-stigma campaign
- The five steps of mental health first aid
- What is depression?
- Symptoms of depression
- Alcohol, drugs and depression

Session 2

- Suicide in Wales
- Crisis first aid for suicidal behaviour
- Crisis first aid for depression
- Treatment and resources for depression

Session 3

- What are anxiety disorders (PDSO, 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
- Non-suicidal Self Harm (prevalence, first aid and treatment)

Session 4

- What are psychotic disorders (schizophrenia, bipolar disorder)?
- Symptoms of psychotic disorders
- Risk factors of psychosis
- Treatment and resources for psychosis
- Mental Health Legislation in Wales
- Other expressions of distress, including self-harm
- Action planning for using Mental Health First Aid (Wales)

What will I learn on the course?

How to apply the 5 steps of MHFA

How to respond if you believe someone is at risk of suicide.

How to give immediate help until professional help is available.

What to say and do in a crisis

The importance of good listening skills

Practice listening and responding

Understanding recovery from mental health problems

Understanding the connection between mental health problems and alcohol and drugs

Understanding the connection between mental health problems and discrimination

Some basic information about common mental health problems

Self-help information

What happens on a MHFA (Wales) course?

The 12 hour course is often run on two separate days. Sometimes it will be over two weeks or in shorter sessions over four weeks.

It is an interesting course that includes different activities, films, discussions and even some fun and laughter.

You will get a certificate of attendance and a comprehensive and interesting manual to take away with you at the end so that you can remind yourself of what you've learned.

Company Number 07211462

Accreditation

For those who have applied to UHOVI for a bursary, there are 5 credits at Level 4 awarded after completing a portfolio which is handed out on the first day, to be filled out during the course. (minimum of 1000 words) Time is allotted to do this. I will take completed portfolios to the University and they will be returned to you after marking.

If anyone has support needs (i.e. dyslexia, visual impairment) we will also take that into account and provide the necessary support.

The aims of MHFA (Wales) are:

To preserve life.

To provide help to prevent the mental health problem or crisis developing into a more serious state.

To promote the recovery of good mental health.

To provide comfort to a person experiencing distress.

To promote understanding of mental health issues.

The course will give you the knowledge to apply these aims in a real life situation.