



# Online Mental Health First Aid (MHFA)



15  
hours

- An online course from MHFA England
- For individuals
- Learn how to recognise and respond to the signs and symptoms of a range of mental health conditions.

Part of the  
**Mental health**  
training series



#### Course detail:

- Suitable for: Individuals who are interested in the topic and are prepared to be proactive in using their skills
- Group size: 6-16 participants per online live workshop
- Length: 15 hours

£140.99 plus VAT and Eventbrite booking fee (per delegate)

£2,050 plus VAT (6 to 16 participants per online live workshop sessions)

Mental Health First Aid (MHFA) is an internationally recognised training course which can do just that. It helps people to learn how to spot the signs and symptoms of mental ill health and provide help on a first aid basis. MHFA does not teach you to diagnose or treat conditions or provide counselling. But, as with physical first aid, you will learn how to respond in a crisis and look after the person until they can access professional help. It also addresses mental health stigma and promotes early intervention and positive wellbeing.

#### Do you:

- Want to equip colleagues with the knowledge, skills and confidence to deal sensitively and professionally with people experiencing mental health issues?
- Want to ensure that employees have access to the right support in a mental health crisis?
- Wish to address mental health stigma and wellbeing in the workplace and show that your organisation takes mental health seriously?
- Want to access high quality evidence-based training delivered by accredited trainers?
- Want to enhance your wellbeing offer by adding Mental health first aiders to your organisation?

“

The training delivered helped me understand issues around mental health that we don't normally recognise. Great course and the take away material is detailed and professional. The trainer gave great energy.

Gareth, Warburtons  
July 2019

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## Online course summary

The new online version of our course delivers the same evidence-based learning outcomes of the popular 'face-to-face' Adult MHFA Two Day course in an accessible and flexible online format.

The course is structured around a blend of individual learning and live sessions. These are all conducted online via MHFA England's new Online Learning Hub – an integrated learning platform.

## Structure of learning

It typically takes 15 hours for a learner to complete the course.

Individual learning should be completed prior to each of the relevant live sessions.

This is structured for the learner in the following way:

### Individual learning – 1hr

- Live session one – 1hr 45min

### Individual learning – 2hrs

- Live session two – 2hrs 20min

### Individual learning – 2hrs

- Live session three – 2hrs

### Individual learning – 2hrs

- Live session four – 1hr 55min

Every live session includes a 10min break.



## Timeframe of learning

For the best learner experience, the course is delivered over a two-week period. This allows the learners to complete their individual learning ahead of each live session.

## Key topics

### Session 1

- Why Mental Health First Aid?
- The Mental Health First Aid action plan
- What is mental health?
  - Impact of mental health issues
  - Stigma and discrimination
- What is depression?
  - Symptoms of depression
  - Risk factors for depression
  - Depression in the workplace.

### Session 2

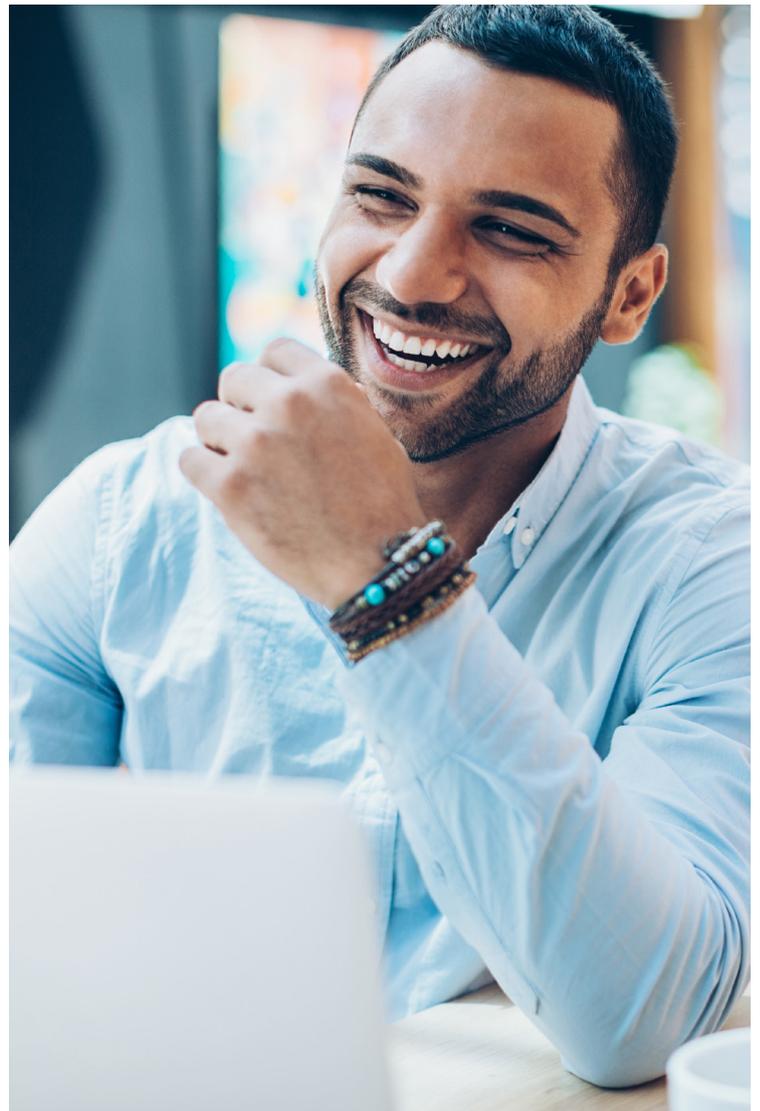
- Suicide figures
- Alcohol, drugs and mental health
- First aid for suicidal crisis
- Non-judgemental listening skills
- First aid for depression
- Treatment and resources for depression
- Self-care.

### Session 3

- What is an anxiety disorder?
- First aid for anxiety disorders
- Crisis first aid after a traumatic event
- Alcohol, drugs and anxiety disorders
- Treatment and resources for anxiety disorders
- Cognitive distortions and CBT
- Personality disorders
- Eating disorders
- Self-harm.

### Session 4

- What is psychosis?
- Risk factors for psychosis
- Alcohol, drugs and psychosis
- Schizophrenia
- Bipolar disorder
- Warning signs of developing psychosis
- Crisis first aid for acute psychosis
- Treatment and resources for psychosis
- Recovery and building resources
- Action planning for using MHFA.



## Each delegate will get:

- Direct access to a fully qualified First Aid for Mental Health Trainer and Assessor throughout your learning via the learning hub.
- Full support through their journey of learning from a single dedicated qualified MHFA instructor.
- Access to the learning hub where you can complete the individual learning ahead of each live session.
- A manual to refer to whenever they need it
- A workbook including a helpful toolkit to support their own mental health
- A certificate of attendance and badge to say they are a Mental Health First Aider.

## Design and methodology

MHFA training courses were first developed in Australia in 2000. In the years since, it has evolved into a global movement with licensed programmes in 25 countries and counting. Over three million people have been trained in MHFA skills worldwide. MHFA came to England in 2007 and was launched under the Department of Health: National Institute of Mental Health in England (NIMHE) as part of a national approach to improving public mental health.

Remploy is accredited to deliver MHFA in England, Wales and Scotland.

## Complementary online training courses:

- Online mental wellbeing in the workplace (2x2 hour sessions)
- Online personal resilience (2x2 hour sessions).

## About us

We specialise in helping both employers and employees to develop the knowledge, confidence and capacity to support colleagues, and to manage their own wellbeing. All of our training is delivered by a team of experienced consultants who have extensive knowledge and a practical understanding of workplace issues.

We can deliver both online and face-to-face sessions.

## Get in touch

If you would like to book, need more information or a tailored quotation, we can help you at:

-  0300 456 8113
-  [training@remploy.co.uk](mailto:training@remploy.co.uk)
-  [www.remploy.co.uk/training](http://www.remploy.co.uk/training)

