

# Adult Mental Health First Aid

Is Mental Health First Aid required by law?

Currently, legislation for mental health first aid provision in the workplace is not yet in place. The health and safety executives says:

"You should consider ways to manage mental ill health in your workplace which are appropriate for your business, such as providing information or training for managers and employees, employing occupational health professionals, appointing mental health trained first aiders and implementing employee support programmes."

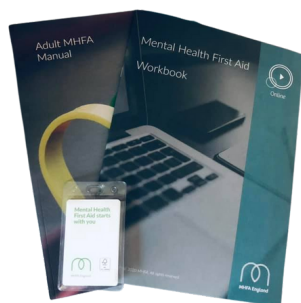
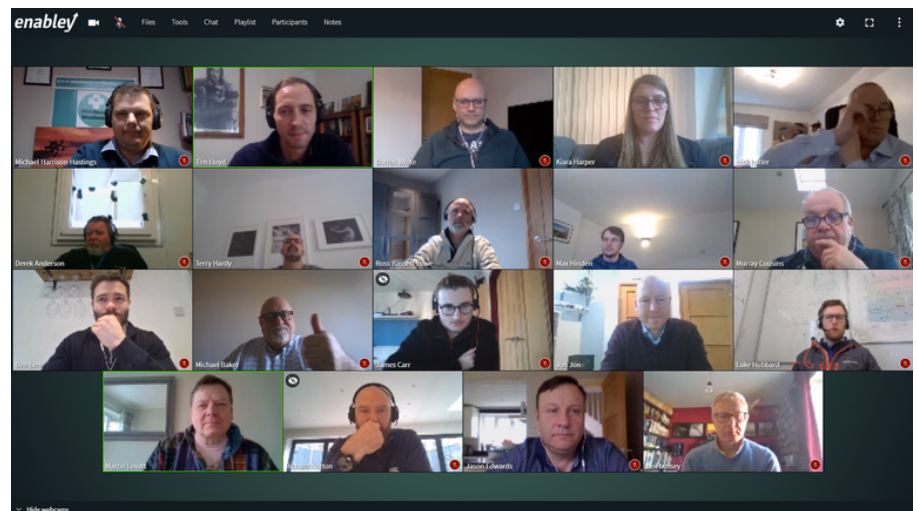
What is covered?

Session 1 -

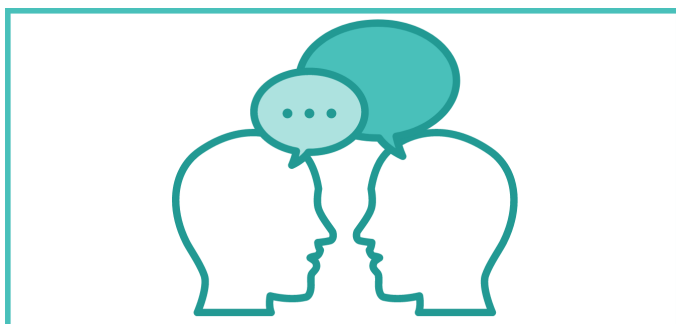
- Why Mental Health First Aid
- What is Mental Health
- Impact of Mental Health Issues
- Stigma & Discrimination
- What is Depression
- Risk Factors for Depression
- Depression in the Workplace

Session 2 -

- Suicide Figures
- Alcohol, drugs and Mental Health
- First Aid for Suicidal Crisis
- Non-judgemental listening skills
- First Aid for depression
- Treatment & resources for depression
- Self-Care



Feedback from a client:  
"I truly believe, this training has saved the life of a colleague."  
Les - AC Landscaping & Treeworks



**Available Online**

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 & resources for anxiety disorders
- Cognitive disorders 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 psychosis
- Treatment & resources for psychosis
- Recovery & building resources
- Action planning using MHFA