

FLEXIBLE WORKFORCE DEVELOPMENT FUND – COURSE OUTLINE

Programme Title

Mental Health First Aid

Overview

By the end of this course participants will be competent in identifying if someone is in mental health crisis or distress and be able to competently approach the person and identify the immediate risk that the person may or may not be facing. Using the acquired skills and learning, they will be able to keep the person safe from escalating risk until the appropriate medical intervention can take over, as with standard physical first aid.

Programme Objectives

This course will cover:

Why Mental Health First Aid is needed

What is mental health and why do we need mental health first aiders?

Attitudes towards Mental Health and Mental Health in Scotland

Models of mental health and Stigma and Myth

Recovery

The importance that people know recovery is possible

Alcohol and Drugs

Key facts about Alcohol and drugs and their connection to mental health

Suicide

Why we should talk about it

Keeping someone safe from suicide and harm

Listening Skills

Overcoming Communication difficulties

Verbal and nonverbal skills participation

Self-Harm

UK facts and figures

Reasons for self-harming behaviour and why someone does

First aid for Self-Harm

Depression

What is depression Risk factors for depression

Alcohol and depression

First aid for Depression

Anxiety

Fight or Flight

Impact of anxiety General signs and symptoms of anxiety

Panic Attacks

First aid for Anxiety

Psychosis

What is Psychosis

How to spot the signs and symptoms of someone in distress or crisis with psychosis

First Aid for psychosis

(NB these objectives will be used to measure learner's existing knowledge in this area prior to commencement of training and upon completion of training as evidence of distance travelled)

Awarding Body

Upon completion of the course, all participants will receive a copy of NHS Scotland's Scottish Mental Health First Aid (SMHFA) manual and certificate.

SCQF Level

N/A

Benefits to Employers

- Promoting a mental health conscious workforce and supportive environment
- The development of your workforce can result in benefits to your business including:
 - A positive and supportive workplace culture
 - Increased employee morale
 - An engaged and motivated workforce
 - Reduced absenteeism

Benefits to Employees

- Greater understanding of mental health issues to understand and recognise the causes, symptoms and support options for a range of mental health problems
- Greater confidence in providing support and signposting to staff members

Duration

2 days