



MENTAL HEALTH FIRST AID

Standard Mental Health First Aid 12 hour Course Outline

Day One

SESSION ONE (3 hours)

8.45am Arrival

9am Start

Mental Illnesses

- ✚ Prevalence and impact
 - ✚ Spectrum of interventions
- Mental Health First Aid
- ✚ The MHFA Action Plan

10.30- 10.45am Morning tea

Depression

- ✚ Signs, symptoms and risk factors
- ✚ Interventions

12.30pm – 1.15pm Lunch

SESSION TWO (3 hours)

The **MHFA** Action Plan for depression

- ✚ Crisis first aid for suicidal thoughts and behaviours
- ✚ Crisis first aid for non-suicidal self-injury

Afternoon tea 3-3.15pm

Anxiety

- ✚ Signs, symptoms and risk factors
- ✚ Interventions

End of Day one 5pm



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Day Two

8.45am Arrival

9am Start

SESSION THREE (3 hours)

The **MHFA** Action Plan for anxiety

- ✚ Crisis first aid for panic attacks
- ✚ Crisis first aid for traumatic events

10.30 Morning tea

Psychosis

- ✚ Signs, symptoms and risk factors
- ✚ Interventions

12.30pm – 1.15pm Lunch

SESSION 4 (3 hours)

The **MHFA** Action Plan for psychosis

- ✚ Crisis first aid for severe psychotic states
- ✚ Crisis first aid for aggressive behaviour

Afternoon tea 2.45- 3pm

Substance Misuse

- ✚ Signs, symptoms, risk factors, interventions
- The **MHFA** Action Plan for substance misuse
- ✚ Crisis first aid for intoxication
 - ✚ Crisis first aid for medical emergencies

Handing in Feed back forms and receiving certificates

End of Day two 5pm