

Mental Health First Aid

ClearCut
IT TRAINING

Duration: 2 days

This course will provide you with the knowledge to recognise a wide range of mental health conditions and learn about the support/therapy provided by professional healthcare providers. You will know how to start a supportive conversation and when and how to signpost a person to seek appropriate professional help. Also included is how to recognise and manage stress and understanding the impact of substance abuse.

The course consists of 12 hours of instructor-led live tuition followed by one hour of assessment during the course.

Topics

- What is First Aid for Mental Health?
- Identifying mental health conditions
- Providing advice and starting a conversation
- Stress
- Mental health conditions
- Drugs and alcohol
- First Aid for Mental Health action plan
- First Aid for Mental Health in the workplace
- Depression
- Post-traumatic stress disorder
- Self-harm
- Suicide
- Eating disorders
- Personality disorders
- Bipolar disorder
- Psychosis
- Schizophrenia
- Anxiety