



## **Mental Health First Aid England**

### **Mental Health First Aid Online Course**

The course qualifies you as a Mental Health First Aider, giving you:

- An in-depth understanding of mental health and the factors that can affect wellbeing
- Practical skills to spot the triggers and signs of mental health issues
- Confidence to step in, reassure and support a person in distress
- Enhanced interpersonal skills such as non-judgemental listening
- Knowledge to help someone recover their health by guiding them to further support - whether that's self-help resources, through their employer, the NHS, or a mix

#### **Format**

This is an online course delivered by Mind Fitness Training via the MHFA England Online Learning Hub

Learning takes place through four live online training sessions, spread across two weeks, with self-learning activities in between.

Each session is built around a Mental Health First Aid action plan – ALGEE.

We limit attendee numbers to 16 per course so that the instructor can keep people safe and supported while they learn.

## Takeaways

Everyone who completes the course gets:

- A certificate of attendance to say you are a Mental Health First Aider
- A manual to refer to whenever you need it
- A quick reference card for the Mental Health First Aid action plan
- A workbook including a helpful toolkit to support your own mental health

## Course Outline

### Week 1

#### Session 1

##### **Individual learning (1 hour):**

Introduction to the Online Mental Health First Aid course and the Online Learning Hub (course overview, safety procedure, attending live sessions, and completing individual learning activities)

Activity 1: Why Mental Health First Aid?

Activity 2: The Mental Health First Aid action plan

Activity 3: What is mental health?

Activity 4: Quiz: Impact of mental health

Activity 5: Stress Container (completed after live session)

Activity 6: Frame of Reference (completed after live session)

##### **Live session (1 hour 45 minutes):**

Introduction to course functions

Introduction to the course

ALGEE and mental health introduction recap

Stigma

Risk and protective factors

*10 minute break*

Frame of Reference

The Mental Health Continuum

Introduction to the Stress Container

#### Session 2

##### **Individual learning (2 hours):**

Activity 7: What is depression?

Activity 8: Risk factors for depression

Activity 9: Mental Health First Aid for depression

Activity 10: Introduction to suicide

### **Live session (2 hours 20 minutes):**

Recap of individual learning on depression  
Prevalence of suicide  
Suicide, substance misuse and dual diagnosis  
Analyse the impact of suicidal feelings  
Recap of ALGEE and risk factors for suicide  
Explain Mental Health First Aid action plan 1 for suicide  
*10 minute break*  
Explain non-judgemental listening, Empathy video  
Practice using ALGEE in case study scenarios  
Review of ALGEE for suicide and depression  
Self-care

## **Week 2**

### **Session 3**

#### **Individual learning (2 hours):**

Activity 11: What is anxiety?  
Activity 12: Mental Health First Aid for anxiety  
Activity 13: What are eating disorders?  
Activity 14: Mental Health First Aid for eating disorders  
Activity 15: What is self-harm?  
Activity 16: Mental Health First Aid for self-harm  
Activity 17: What are personality disorders?

#### **Live session (2 hours):**

Recap of individual learning on anxiety  
Recap of the five basic steps of ALGEE for anxiety  
Explain action 1 for anxiety  
How to support someone who is having a panic attack  
Explain crisis first aid  
Practice action 2: non-judgemental listening  
*10 minute break*  
Practice applying the Mental Health First Aid action plan for anxiety  
Explain cognitive behavioural therapy  
Recap of eating disorders and self-harm  
Case study for eating disorders and self-harm  
Review ALGEE for eating disorders and self-harm

### **Session 4**

#### **Individual learning (2 hours):**

Activity 18: What are psychosis, schizophrenia and bipolar disorder?  
Activity 19: Risk factors for psychosis  
Activity 20: Mental Health First Aid for psychosis  
Activity 21: Helpful and unhelpful responses  
Workbook Activity 10: My action plan for using Mental Health First Aid (completed after live session)

**Live session (1 hour 55 minutes):**

Review of individual learning on psychosis

Explain the development of symptoms of psychosis

Review the five steps of ALGEE for psychosis

Group discussion about MHFA Australia psychosis video

Case study activity using Mental Health First Aid action plan for psychosis

*10 minute break*

Recovery

Explore how to build a mentally healthy workplace

Start action plan to use Mental Health First Aid

Feedback

**Contact**

To find out more or to book your place on a course, contact Mind Fitness Training

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***MHFA England Instructor Member – licenced to provide MHFA England online and face to face training***

