Mental Health First Aid (MHFA)

Facilitated by Aware

People generally don't know how to recognise mental health problems or know what help is available. This programme will provide you with the skills to provide ***initial*** support for someone with a mental health problem.

MHFA teaches participants;

- how to recognise the symptoms of mental health problems
- how to provide initial help
- how to guide a person towards appropriate professional help

Benefits of the course

- Clear and accurate information about mental illness
- Improved skills in recognising mental health problems
- Confidence in your ability to provide initial information & support.

To someone with a mental illness

- Increased understanding of your own mental health
- Promote mental health literacy

Topics covered include:

- What is meant by mental health / mental ill health?
- Dealing with crisis situations such as suicidal behaviour, self-harm, panic attacks and acute psychotic behaviour
- Recognising the signs and symptoms of common mental health problems including depression, anxiety disorders, psychosis, and substance use disorders
- Where and how to get help
- Self-help strategies

For further information on training please contact:

Email: clear@dhcni.com
Web: www.dhcni.com
Address: Clear Project (Developing Healthy Communities)
Building 83
Ledwidge Avenue
Derry – Londonderry

Places are limited to 2 per organisation for this training. Age restrictions apply. Full attendance is essential. These sessions are open to staff & volunteers of community & voluntary sector organisations operating within the Western Trust Area.