

ANDREW DUGMORE MENTAL HEALTH TRAINING

andrewdugmore@outlook.com

tel: 07801579225

MENTAL HEALTH FIRST AID WALES – TWO DAY COURSE

WHY TAKE THE COURSE?

Although many people are first aid trained in most settings it is likely you will come across more mental health problems such as depression, anxiety, stress and misuse of alcohol/drug than you would First Aid. Therefore, having the training to deal with Mental Health issues as they appear helps you to understand, support and provide assistance to those who need it. In a mental health crisis situation, the manager or work colleague actions may determine how quickly the person with the problem gets help and/or recovers.

THIS COURSE WILL TEACH YOU:

- How to recognise when a person might need help and the best way to approach them.
- How to save a life by learning basic suicide intervention skills.
- What protects your own and other people's mental health.
- New skills that are useful in every part of your life Mental Health problems are not as frightening as most people think. When a person has a mental health problem what they need most is someone who can:
 - Listen calmly to their feelings and fears
 - Give some simple information
 - Tell them where to get appropriate help

ALL MENTAL HEALTH FIRST AID (WALES) COURSES WILL INCLUDE THE FOLLOWING SESSIONS OVER A 12 HOUR PERIOD:

DAY 1

SESSION 1

- Why mental health first aid?
- Mental health policy in Wales
- Common mental health problems
- Attitudes and the See Me anti-stigma campaign The five steps of mental health first aid

What is depression?

- Symptoms of depression
- Alcohol, drugs and depression

SESSION 2

- Suicide in Wales
- Crisis first aid for suicidal behaviour
- Crisis first aid for depression
- Treatment and resources for depression

DAY 2

SESSION 3

- What are anxiety disorders (PDS, GAD, social phobia, panic disorder, agoraphobia, OCD)?

Symptoms of anxiety disorders

- Alcohol, drugs and anxiety disorders
- Crisis first aid for panic attacks
- Crisis first aid for acute stress reaction
- Treatment and resources for anxiety disorders
- Non-suicidal Self Harm (prevalence, first aid and treatment)

SESSION 4

- What are psychotic disorders (schizophrenia, bipolar disorder)?
- Symptoms of psychotic disorders
- Risk factors of psychosis
- Treatment and resources for psychosis
- Mental Health Legislation in Wales
- Other expressions of distress, including self-harm
- Action planning for using Mental Health First Aid (Wales)

WHAT WILL I LEARN ON THE COURSE?

How to apply the 5 steps of MHFA

How to respond if you believe someone is at risk of suicide.

How to give immediate help until professional help is available.

What to say and do in a crisis

The importance of good listening skills

Practice listening and responding

Understanding recovery from mental health problems

Understanding the connection between mental health problems and alcohol and drugs

Understanding the connection between mental health problems and discrimination

Some basic information about common mental health problems Self-help

information

WHAT HAPPENS ON A MHFA (WALES) COURSE?

The 12 hour course is often run on two separate days. The days usually run concurrently.

Sometimes the course will be taught over two weeks or in shorter sessions over four weeks depending on your needs or allowed time off from work.

It is an interesting course that includes different activities, films, discussions and even some fun and laughter. The course incorporates different learning styles so that everyone can find it easy

to learn.

You will get a certificate of attendance and a comprehensive and interesting manual to take away with you at the end so that you can remind yourself of what you've learned.

THE AIMS OF MHFA (WALES) ARE:

To preserve life.

To provide help to prevent the mental health problem or crisis developing into a more serious state.

To promote the recovery of good mental health.

To provide comfort to a person experiencing distress.

To promote understanding of mental health issues.

The course will give you the knowledge to apply these aims in a real life situation.

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