



Mental Health First Aid.

High quality training from the experts



Mental Health First Aid training One Day / Two Day training options available

Identifying and supporting psychologically vulnerable people in the workplace or other communities and environments is often a source of anxiety or technical difficulty. This unique training workshop is designed to help organisations, managers, staff and colleagues better-identify individuals who are vulnerable to mental health problems and to support them in a meaningful and effective way. This is highly qualified and dynamic training delivered by psychology-qualified consultants trained in psychiatry through the NHS.

Whilst this training workshop offers a stepwise approach to developing a more comprehensive working model of mental illness. It supports delegates to understand and apply counselling and signposting principles in order to better-support vulnerable people and become a 'Mental Health First Aider'.



This training considers mental disorder on a continuum; from stress-related issues to more complex mental health emergencies that may be the consequence of enduring psychiatric disorders or pharmacy / medication complications.

The issues, challenges and risks to individuals with mental health difficulties are addressed in a disorder specific format. Delegates will learn to recognise symptomology and be better prepared to act appropriately, supportively, to improve risk management and understand the basics of the therapeutic alliance.

Become a Mental Health First Aider. At the end of this training, delegates will have:

- An improved understanding of mental disorder and psychiatric illness with a key focus on:- Stress-related problems; Major Depression; Bipolar Disorders; Anxiety-related Disorders including OCD, Panic Disorder & Agoraphobia; Chronic Psychosis & Schizophrenia; Personality Disorders; Dementia-related Syndromes; Mental Disorder associated with Substance Misuse.
- Understanding stress and its relationship with mental health. Delegates are supported to identify the common causes of stress and provided practical strategies to help vulnerable people make changes designed to reduce stress related cognitions and behaviours.
- Improving counselling and 'mental health first aider' communication / interactional skills.
- Recognising risks and emergencies and escalating appropriately.

- Understand complex personality problems that may be underpinning an individual's vulnerability and understanding the importance of appropriate boundaries;
- A clearer understanding of the experience of mental disorder from the perspective or service users to improve validation and support outcomes;
- An improved ability interact appropriately – including validation skills, appropriate non-verbal behaviours and signposting skills;
- Understand the key mistakes that can exacerbate situations / behavioural problems and how to motivate individuals to seek appropriate health care;
- Skills and techniques to support colleagues through the primary healthcare process, ensuring that their patient rights are addressed.
- A 50-page industry-standard diagnostic workbook (DSM5) and access to further learning materials and peer-reviewed articles;
- Access to free post-training telephone support on a flexible basis. We are the only mental health first aid training provider that offers this facility.



**Mental Health
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Mental Health Training

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