

# ADULT MENTAL HEALTH FIRST AID - 2 DAY

Mental Health First Aid (MHFA) is an internationally recognised training course, designed to teach people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis.

In the same way as we learn physical first aid, mental health first aid teaches you how to recognise those crucial early warning signs of mental ill health. Everyone on an Adult MHFA course is taught a set of skills which enables them to support someone experiencing mental health issues.

The course will teach you how to:

- > Spot the early signs of a mental health issue
- > Feel confident helping someone experiencing a mental health issue
- > Provide help on a first aid basis
- > Help prevent someone from hurting themselves or others
- > Help stop a mental health issue from getting worse
- > Help someone recover faster
- > Guide someone towards the right support
- > Reduce the stigma of mental health issues.



The course is split into four manageable chunks. These are:

**What is mental  
health?**

**Suicide and  
Depression**

**Anxiety  
Disorders**

**Psychosis**

The course is delivered over two full days. However, the delivery of the course is flexible and may be delivered over a number of sessions containing a mix of presentations, discussions, and group work activities.

**mhfa**   
mental health first aid england