

Mental Health First Aid



Day 1

About Mental Health

- History of Mental Health
- What is Mental Health?
- Talking about Mental Health
- Men and Mental Health
- Appropriate Language

Legislation

- Incapacity Acts
- Deprivation of Liberty Safeguards (DoLS)
- Mental Health Act (MHA)
- Health & Safety at Work Act
- Equality Act

What Causes Mental Health Conditions

- Genetic Factors
- Physical Factors
- Psychological Factors
- Social and Environmental Factors

Types of Mental Illness

- Common Mental Health Conditions
- Depression
- Bipolar Disorder
- Addiction
- Eating Disorders
- Anxiety Disorders
- Seasonal Affective Disorder (SAD)
- Personality Disorders
- First Aid

Psychosis and Schizophrenia

- What is Psychosis?
- Causes of Psychosis
- What is Schizophrenia?
- First Aid

Day 2

Alcohol and Drugs

- The Effects of Alcohol and Drugs on Mental Health
- Cannabis
- Alcohol
- New Psychoactive Substances
- Amphetamines
- Tranquilizers
- Cocaine
- Ecstasy
- Heroin

Self-Harm

- Self-Harm
- Why People Self-Harm
- What to Do If You Suspect Someone Is Self-Harming
- What to Do If You Discover Someone Self-Harming
- How to Help a Person Engaging in Non-Suicidal Self-Harm

Suicide

- Why People Take Their Own Lives
- Warning Signs
- How to Help
- Urgent Situations
- Seeking Professional Help
- If the Person has Already Harmed Themselves
- Looking After Yourself

Traumatic Events

- First Priorities
- Crisis First Aid After a Traumatic Event
- Talking to the Traumatised
- Talking About the Event
- Ongoing Support
- Professional Help

Roles and Responsibilities

- Roles and Responsibilities of a Carer
- The Roles and Responsibilities of a Manager
- Signpost to Useful Organisations