

## 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 is a **two-day** programme which 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](mailto:clear@dhcni.com)

**Web:** [www.dhcni.com/clear](http://www.dhcni.com/clear)

**Address:** CLEAR Project,  
Unit 13, Strabane Enterprise Agency,  
Orchard Road Industrial Estate,  
Strabane.  
BT82 9FR

**Tel:** 028 7138 3386

*Places are limited. Age restrictions apply. These sessions are open to staff & volunteers of  
**COMMUNITY & VOLUNTARY SECTOR**  
organisations operating within the Western Trust Area.*