

Mental Health First Aid (MHFA) – *Optional Training* 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

Date: Tue 22nd & Tue 29th January 2019

Venue: Strabane Enterprise Agency, Strabane

Time: 9.30am – 4.30pm

Places are limited to 4 per organisation for MHFA. Age restrictions apply. Full attendance on both days is essential. These sessions are open to staff & volunteers of community & voluntary sector organisations operating within the Western Trust Area.

Return completed booking forms to claire@dhcni.com