



Adult MHFA Mental Health Aware- Half Day Course – 4 hours

Course Outline and Further Information

This course is an introductory course on mental health. Attending this course will help you to:

- explore what mental health is
- understand stress
- challenge stigma and discrimination
- spot the warning signs of emotional distress
- gain confidence to have a conversation with someone who may be experiencing emotional distress
- start thinking about some of the common mental health conditions (e.g. depression, anxiety) people might experience and associated behaviours including suicide, self-harm and substance use
- look after your own mental health and maintain wellbeing in yourself and others

This course was developed and licensed by Mental Health First Aid England and they will provide you with a certificate after the course to say that you are 'mental health aware'. You will also receive a workbook and a comprehensive manual containing a host of information and additional resources to refer back to.

Online Zoom delivery:

The course is delivered online via Zoom with a range of interactive learning activities and group work.

The course is best accessed via a computer or laptop rather than a mobile device which may not allow you to see the screen, slides and DVDs fully. You will also need a working camera, audio and microphone on your device and a secure internet connection. I ask that you please keep your camera turned on during the course (unless there are exceptional circumstances that prevent this or you are taking a break) – this is to ensure the safety of both you and the whole group. I recommend checking your laptop or computer is compatible with zoom before registering for the course by checking Zoom's system requirements [here](#).

I will send out the code and link that you will need for the training before the course with some instructions on how to log in if you have not used Zoom before. I will also go through some of the simple controls at the start of the session.

Looking after yourself:

Participants must be at least 16 years of age

I do not recommend this course if you are currently experiencing suicidal thoughts or have recently been bereaved or bereaved by suicide. Please also consider your own wellbeing and the topics above that we will be covering to reach a decision on whether this is the right time for you to do this course. I am happy to arrange a chat with you about the course if that would be helpful.

People occasionally find this course challenging or unexpectedly triggering. I therefore ask that you please identify a supportive person beforehand and ask them to be available in person, by telephone or virtually should you need to talk to someone. This might be a friend, relative or colleague, for example. During the course you can opt out of any activity you feel is not for you.

If you have any concerns about attending this training or have any learning requirements I need to know about please get in touch:

Pam Armitage – Training and Consultancy – Stress, Mental Health and Wellbeing
E: info@pamarmitagewellbeingtraining.co.uk – W: www.pamarmitagewellbeingtraining.co.uk
Promoting positive mental health and well-being in workplaces and local communities

