



# Blue Sky

Teaching School Alliance

“Teaching The Future Today”

£170pp for two full days training including lunch

Book Now! [www.blueskytsa.org](http://www.blueskytsa.org) / [r.ramon@romeromac.com](mailto:r.ramon@romeromac.com)

## Mental Health First Aid Training for Adults

MHFA or **Mental Health First Aid** is a training course which teaches people how to identify, understand and help someone who may be experiencing a mental health issue. The course is developed by MHFA England, and facilitated by an accredited MHFA trainer.

MHFA will teach you to listen, reassure and respond, even in a crisis – and even potentially stop a crisis from happening. The two day course will qualify you as a Mental Health First Aider and covers:

- The Mental Health First Aid action plan
  - Impact of mental health issues
  - Stigma and discrimination
  - Depression, symptoms, risk factors & depression in the workplace.
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- The infographic shows a silhouette of a human head filled with various statistics and facts about mental health. The text includes: '1 in 4 are affected by mental illness', '8.6 million adults have suicidal thoughts', 'Suicide is the 3rd leading cause of DEATH', '1 in 30 experience PTSD', 'Children with anxiety disorders least likely to receive treatment', and 'People of color have less access to care'.
- First aid for depression & treatment and resources for depression
  - Alcohol, drugs and mental health
  - First aid for suicidal crisis
  - Non-judgemental listening skills
  - Self-care
  - First aid for anxiety disorders
  - Crisis first aid after a traumatic event
  - Cognitive distortions and CBT
  - Personality disorders
  - Eating disorders
  - Self-harm
  - Psychosis & Schizophrenia

**Monday 23rd & Tuesday 24th March 2020**