

# Mental Health First Aid

- ⇒ Do you have an interest in gaining skills to support someone with mental health issues or thoughts of suicide?
- ⇒ Can you commit to attending two full days of training to learn mental health first aid skills?

## *What is Mental Health First Aid?*

*First Aid as we know it is the help given to an injured person before medical treatment can be obtained.*

*Mental Health First Aid differs only in that it is the help provided to a person developing a mental health problem or who is in a mental health crisis.*

*The first aid is given until appropriate professional treatment is received or until the crisis resolves.*

## **COURSE CONTENT:**

- 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

## **COURSE DATES**

*(you must attend both the sessions):*

- Monday 26<sup>th</sup> February  
9:30am-4:30pm
- Tuesday 27<sup>th</sup> February  
9:30am-4:30pm

## **Location:**

**HSC Leadership Centre,  
12 Hampton Manor  
Drive, Belfast, BT7 3EN**

To book your place please [click here](#)

