

Mental Health First Aid training programme

Autumn 2009



Who is **Journeys**?

Journeys is the only organisation in Wales whose sole purpose is to offer support and understanding to people affected by depression, their friends, families and carers.

Journeys takes a holistic approach to overcoming depression through guided self-help and the development of skills and strategies.

We help people find their own route to recovery, building the foundations for sustainable and long-term wellbeing.

Journeys is run by and for people affected by depression. We have a unique range of publications, practical resources and training courses that help people manage their condition and regain control of their lives. We offer a variety of mutual support services and co-ordinate a network of self-help groups so people can share experiences and coping strategies.



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What is Mental Health First Aid (Wales)?

Mental Health First Aid (MHFA) is a 12 hour training course that improves mental health literacy and helps people to recognise the signs and symptoms of someone with mental health problems; to respond to various mental health crises; and to engage with, support and signpost people to appropriate professional help.

MHFA saves and improves lives.

Comparisons can be drawn between MHFA and Emergency First Aid. In both cases members of the public can offer immediate aid and support the person to get appropriate help.

The course does not train you to be a therapist, counsellor or mental health professional.

MHFA was developed in Australia. The course has now been adapted to suit the needs of people in Wales and is being rolled out across the country.

MHFA (Wales) instructors have been specially selected, trained and approved to ensure that there is consistency in delivery and quality.

Mental Health First Aid (Wales) is part of the national training programme for Wales and its partners include the Welsh Assembly Government, Health Challenge Wales and Mind Cymru.



Who is Mental Health First Aid (Wales) for?

MHFA (Wales) is for everyone. It is useful for individuals who want to raise their awareness and learn new skills, and for organisations that want to improve mental health in the workplace.

The programme is targeted at raising mental health awareness among the general public. Some key groups of people include those who work in the ambulance service, Welsh police forces and prison service, JobcentrePlus, primary health care and social care, staff in further and higher education, support workers in a variety of settings, voluntary and community groups, and other workplaces.

Mental Health First Aid (Wales) complements the Corporate Health Standard (CHS) run by the Welsh Assembly Government. This is a quality mark for workplace health promotion.



Why train in Mental Health First Aid (Wales)?

There are many reasons why people might want to train in MHFA (Wales):

- Mental health problems are common, especially depression, anxiety and misuse of alcohol and other drugs. One person in four will experience some form of problem with their mental health in the course of a year.
- There is a stigma associated with mental health problems. This may hinder people from seeking help. People are often ashamed to discuss mental health problems with family, friends and work colleagues. They may also be reluctant to seek help and support for such problems because of their concerns about what others will think of them.
- Many people are not well informed. Understanding how to recognise mental health problems and what effective treatments are available is not widespread. With greater community awareness, people will be able to recognise their own and others' problems and feel more comfortable about seeking assistance.
- Help is not always on hand. GPs, counsellors, psychologists and psychiatrists can all assist people with mental health problems. However, just as with accidents and medical emergencies, such assistance is not always available when a problem first arises.
- People may lack the insight to realise they need help or that help is available. Some mental health problems cloud clear thinking and good decision-making. A person experiencing such problems may not realise that they need help or that effective help is available for them. They may be in such a state of distress they are unable to think clearly about what they should do.
- Members of the general public often do not know how to respond. In a mental health crisis situation, the helper's actions may determine how quickly the person with the problem gets help and/or recovers. Through training in MHFA (Wales), they learn how to approach the situation calmly and confidently, and to respond in an appropriate way to give the best help.

Course information

Aims

Mental Health First Aid (Wales) aims to help participants:

- Preserve life where a person may be a danger to themselves or others
- Provide help to prevent a mental health problem developing into a more serious state
- Promote recovery of good mental health
- Provide comfort to a person experiencing mental distress

Programme

The 12 hour course covers a number of topics including:

- What is meant by mental health/mental ill health
- The signs and symptoms of common mental health problems including depression, anxiety disorders and psychosis
- The range of effective interventions and treatments
- How to access help and support

All participants will receive a certificate of attendance and a copy of the Mental Health First Aid (Wales) Manual, which covers the course content.



Course details

Session 1

- Why mental health first aid?
- Mental health policy in Wales
- Common mental health problems
- The five steps of mental health first aid
- What is depression?
- Symptoms of depression
- Alcohol, drugs and depression

Session 2

- Suicide in Wales
- Crisis first aid for suicidal behaviour
- Crisis first aid for depression
- Treatment and resources for depression

Session 3

- What are anxiety disorders (PDSD, GAD, social phobia, panic disorder, agoraphobia, OCD)?
- Symptoms of anxiety disorders
- Alcohol, drugs and anxiety disorders
- Crisis first aid for panic attacks
- Crisis first aid for acute stress reaction
- Treatment and resources for anxiety disorders

Session 4

- What are psychotic disorders (schizophrenia, bipolar disorder)?
- Symptoms of psychotic disorders
- Risk factors of psychosis
- Treatment and resources for psychosis
- Action planning for using Mental Health First Aid (Wales)

General information

MHFA (Wales) is a 12 hour course that is divided into 4 sessions, each of which lasts 3 hours. The sessions can be run over 2 days consecutively or be spread over 4 days.

Location & dates

Journeys is running MHFA (Wales) courses at our offices in Cardiff throughout 2009. The dates of the current courses are on the booking form overleaf, further dates will be added later in the year.

The **Journeys** office is located at 120-122 Broadway, Roath, Cardiff CF24 1NJ. The day will begin with tea and coffee at 9 am (training will start at 9.30 am) and finish at 5 pm.

Journeys also runs MHFA (Wales) courses in other areas and provides in-house MHFA (Wales) training (up to a maximum of 14 people per course). For more information please contact us.

Cost

The 2 day MHFA (Wales) course costs £120 per person. Participants will receive a certificate of attendance and a copy of the MHFA (Wales) Manual. Lunch and refreshments are provided.

Journeys may be able to offer discounts on multiple bookings for a MHFA (Wales) course. If you are booking 10 or more places you may be eligible to discounts on other **Journeys** courses. Subsidised places may be available for small organisations.



Booking information

To book a place please print, complete and return the form opposite (page 11). Please complete one form for each participant.

Forms to be returned to:

Journeys, 120-122 Broadway, Roath, Cardiff CF24 1NJ

Applications must be submitted no later than 10 days before the date of the course. All courses and bookings are subject to a minimum number of delegates attending.

Journeys is happy to accept payment by cheque, postal order or BACS. You will be sent an invoice and confirmation of your booking when we receive your completed form.

Cancellation

Cancellation up to 7 days before a course is due to start will result in a 30% cancellation fee. Cancellation during the final 7 days will result in the full fee being charged. **Journeys** is happy to accept substitutions.

Please contact us if you have any queries:

029 2069 2891

info@journeysonline.org.uk

www.journeysonline.org.uk

Journeys' Mental Health First Aid (Wales) booking form

Your details

Name			Date	
Organisation		Telephone number		
Email				
Your address		Invoice address		
Postcode		Postcode		

Do you have any particular requirements?	

Please indicate which course you wish to attend

Venue	Dates	Select (✓)
Dare Valley Country Park, Aberdare	10 - 11 September	
Journeys' office, Cardiff	23 - 24 September	
Journeys' office, Cardiff	14 - 15 October	
Journeys' office, Cardiff	11 - 12 November	
Journeys' office, Cardiff	16 - 17 December	

We would like to be able to keep you up-to-date with our services and activities by adding your details to our database. We will keep your details confidential and will not pass them on to any third party.

Please tick here if you do not wish to receive information from **Journeys** ☐



www.journeysonline.org.uk

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A Company Limited by Guarantee (5181571)

Registered office: 120-122 Broadway, Roath, Cardiff CF24 1NJ

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