



Solutions

TRAINING & ADVISORY LTD

Course Title:	First Aid for Mental Health in the Workplace
Who should attend?	People who volunteer and are willing to support and guide co-workers with a range of mental health issues. They should be able to learn at Level 3 (equivalent to A Level). By nature, they should be empathetic. They will however learn, and practice skills required.
Course Duration:	Two days plus personal study of up to 30 minutes between days one and two.
Delegate Numbers:	Maximum number of participants is ten.
Course Aims:	<ul style="list-style-type: none">• To ensure the employer fulfils their legal and moral duties to safeguard the health, safety and welfare of their staff as required by the Health & Safety at Work Act 1974.• To provide adequate numbers of trained staff to provide first aid for a number of commonly known mental health issues.• To promote an emotionally safe, inclusive and open working environment.
Learning Outcomes:	<ul style="list-style-type: none">• Identify and understand common mental health conditions.• Apply the six-step approach to keep yourself and others safe both during and post practice.
Course Introduction:	<p>This programme is designed to ensure that your organisation has suitably trained staff in the workplace to support colleagues who may be for a variety of reasons be struggling to cope and subsequently becoming stressed or suffering from a mental health problem. Latest figures from H.S.E. in 2024 state that stress and mental health issues are now the single greatest cause of workplace absenteeism. Indeed, in February 2024 the H.S.E. published revised guidance on First Aid at Work and now requires employers to assess the need for making provision to meet mental health needs.</p> <p>The course centres on equipping the mental health first aiders with the knowledge and skills to meet that need. As the course title states it is First Aid for mental health, no more, no less.</p> <p>All the content will be “evidence based” from a variety of sources referenced during the programme and in the materials provided to the participants.</p> <p>Course participants will take away a high quality workbook and credit card sizes action card</p> <p>NOTE: This will not be “Death by Powerpoint” but a highly practical workshop that will include scenarios to practice applying the techniques including a <u>trained actor</u> role playing for the participants to assess and manage.</p>
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Course content:

Session 1

- What is Mental Health First Aid and overview of the H.S.E. Management Standards
- Roles and responsibilities
- Importance of the role
- What we aim to do

Session 2

- General anxiety disorder
- Major depressive disorder
- Mixed anxiety and depressive disorder

Session 3

- Phobias
- Obsessive Compulsive Disorder (OCD)
- Post Traumatic Stress Disorder (PTSD)
- Attention Deficit Hyperactivity Disorder (ADHD)
- Eating disorders

Session 4

- Bi-Polar Disorder
- Schizophrenia crisis
- Suicidal Ideation

Session 5

- Supportive strategies
- Monitoring and review

Session 6

- Applying the six steps approach to a mental health crisis

Session 7

- Mental Health continuum from thriving to crisis

Session 8

- By means of practical, acted out scenarios participants will assess and manage a person with a disorder

Assessment process:

Overall and continuous, against the learners' outcomes plus completion of a short paper.

Endorsements:

Post course certification is accredited by the CPD service.

The Trainer:

The trainer can vary depending on availability.

Paul Meek Chartered F.C.I.P.D.

Paul spent 22 years in the ambulance service gaining huge experience as both a paramedic and senior manager responding to people with mental health issues. Since leaving the service and managing commercial businesses including an occupational health business he has broadened that experience hugely. He trained as a mental health first aider many years ago and is considered by attendees to be an “extremely effective” trainer.

Chris Stamp Cert. Ed, Chris spend over 20 years in the ambulance service as a state registered paramedic, a trainer and senior manager. He has dealt with a huge number of people with mental health issues. As a senior manager he was also responsible for supporting his staff with a variety of issues. His style is to make the event learner centred, engaging and powerful in a safe and confidential environment.

For more information including costs please contact: Charlotte Carson (Business Manager)
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www.solutionstraining.co.uk

Managing risks by developing people

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Workplace mental health statistics you can't ignore in 2024



61%

of UK employees said they left a job or planned to leave in the next 12 months because of poor mental health



1 in 6

people experience mental health problems in the workplace



12 billion

working days are lost every year to depression and anxiety



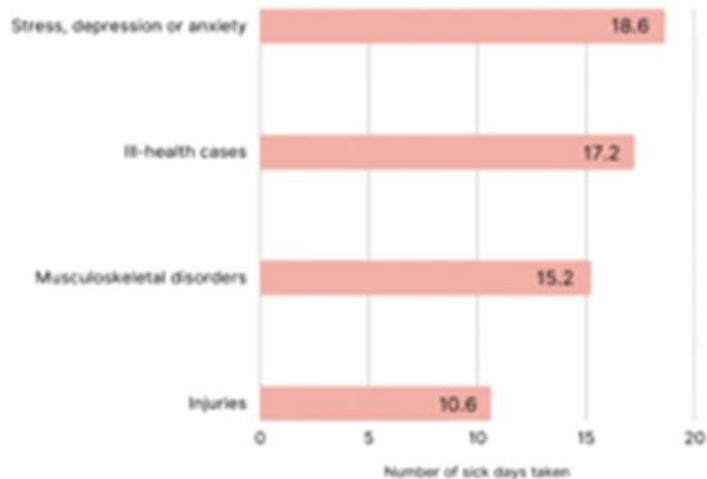
Happy employees are

13%

more productive

Average number of annual sick leave days taken per employee

Source: Deloitte, 2022



Workplace mental health costs to UK employers: £56 billion

Source: Deloitte, 2022

