

## FREQUENTLY ASKED QUESTIONS

### Is this course for me?

If you want to learn more about mental health conditions, stress, stigma, inequality and help someone (friends, family, colleague or stranger) etc. it definitely is.

### How long does the course last?

This is a two-day course run either two full consecutive days or two days a week apart.

### Who is the course presented by?

The course is presented by qualified SMHFA instructors and quality is continuously monitored by NHS Health Scotland.

### What will I receive on the course?

You'll receive an NHS Health Scotland 'Mental Health First Aid' manual, Steps for Stress Booklet and CD and an NHS Certified Certificate qualifying you as a Mental Health First Aider.

"If you haven't experienced mental health problems, it can be a daunting prospect to help someone going through a mental health crisis. This course gives you the tools to understand how to help someone by exploring the effects on the person going through it."

## BOOK YOUR PLACE ON SCOTLAND'S MENTAL HEALTH FIRST AID COURSE.

### Get in touch today!

No previous experience, knowledge or qualifications are required to participate in our SMHFA course.

For more information or  
to book a place:  
visit -  
[www.mhscot-consultancy.co.uk](http://www.mhscot-consultancy.co.uk)  
or email -  
[hello@mhscot-consultancy.co.uk](mailto:hello@mhscot-consultancy.co.uk)

£150 per person for the two-day course  
(individuals and private / public companies)

10% discount for students, charities, social  
enterprises and services supporting mental health  
and wellbeing

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### Make a Difference!



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Social  
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## SCOTLAND'S MENTAL HEALTH FIRST AID COURSE

### Do you have an interest in your own and other people's mental health?

The Mental Health First Aid course is like a physical First Aid course although it trains participants in giving initial help to people experiencing poor mental wellbeing and gives them the confidence in offering support prior to the appropriate professional help or treatment being obtained.

#### The following is a brief outline of what is covered on the course:

- guidance on being a Mental Health First Aider
- attitudes to mental health issues
- equalities
- the recovery message
- the impact of alcohol and drugs on mental health
- introduction to suicide intervention
- listening skills
- understanding depression
- how to offer first aid to someone experiencing depression
- understanding anxiety
- how to offer first aid to someone experiencing anxiety
- understanding psychosis
- how to offer first aid to someone experiencing a psychotic episode.

**COURSES RUNNING  
THROUGHOUT THE YEAR**





Scotland's Mental Health First Aid is an initial response to distress and all participants on the course understand that this help is given only until other suitable or professional help can be found.

The course does not train people to be mental health workers or counsellors. It offers basic general information about mental health difficulties. The knowledge presented and understanding developed in the course helps to remove stigma and fear and to give confidence in approaching a person in distress.

### **What will I learn?**

In addition to learning the skills to help others, many of our participants have found their own mental health has improved as they have the necessary skills to monitor themselves and reach out for help when needed.

#### **The course aims to help participants:**

- Preserve a life where a person may be a danger to themselves or others
- Provide support to prevent a mental health difficulty developing into something more serious
- Promote recovery of good mental health
- Promote comfort to a person experiencing mental ill-health

#### Course Topics

##### INTRODUCTION

- Background
- Mental health v Mental Illness
- Quiz

##### ATTITUDES

- Stigma
- Working with Diversity
- The Mental Health Continuum

##### LISTENING SKILLS

- Listening non-judgmentally
- Verbal & Non-verbal skills

##### SUICIDE

- Talking about Suicide
- Who it affects
- Asking the Question
- Self-Care

##### DEPRESSION

- What is it
- Signs & Symptoms
- It's impact
- Treatments

##### RECOVERY

- Recovery is...

#### Course Topics

##### ANXIETY

- What it is
- Anxiety v Anxiety Disorder
- Types of Anxiety
- Help for Panic Attacks
- Self-Help Strategies

##### SELF-HARM

- What is self-harm
- Self-harm & Suicide
- Risk Factors
- Unhelpful Responses

##### RECOVERY

- What Helps
- Further Information

##### ALCOHOL & DRUGS

- Alcohol, Drugs & Mental Health
- Self-Medication
- Impact

##### PSYCHOSIS

- Meaning of Psychosis
- Symptoms
- How to approach someone
- Helping someone
- Remember your Role