

# SCOTLAND'S MENTAL HEALTH FIRST AID COURSE

Physical and emotional health are intrinsically linked, so we believe Mental Health First Aid Training is the ideal companion to physical First Aid.

Here's a taste of what you can expect on MHScot's 2 day Mental Health First Aid Training Course:

## STAGE 1 UNDERSTANDING THE DIFFERENT MENTAL HEALTH CIRCUMSTANCES

### ANXIETY

Anxiety is a worry or fear which can range from mild to severe, this in turn can cause a variety of physical symptoms.

### DEPRESSION

Depression is a very low mood which lasts for a long time and can have a big impact on everyday life.

### SUICIDAL CRISIS

A suicidal crisis is when a person contemplates, plans or attempts to take their own life.

### SELF-HARM

Self-harm is sometimes used as a coping mechanism for people experiencing emotional distress.

### PSYCHOSIS

Psychosis is when someone perceives reality in a different way to others. Symptoms can include hallucinations and delusions.

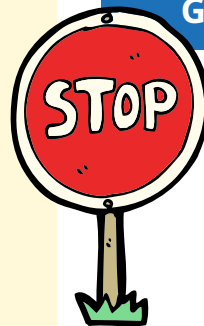
## STAGE 2 HOW YOU CAN HELP

### IMPORTANCE OF GOOD LISTENING SKILLS

Offering relaxed and non-judgemental listening can really help someone in their recovery.



### STOP THINGS GETTING WORSE



By having the confidence and knowledge about mental ill health, the help and support you give to someone can prevent their illness getting worse.

### GUIDE SOMEONE TOWARDS SUPPORT

Our Mental Health First Aid course will provide you with the right knowledge of what help and support services are available.

### HELP DISPEL THE STIGMA

### HOW TO SPOT THE EARLY SIGNS

Being able to spot changes in someone's behaviour can help you identify if they are experiencing poor mental health.



### HOW TO RESPOND IN A CRISIS

Learn and understand the vital skills needed to respond quickly and confidently when someone is suffering a Mental Health crisis.



### HELP SOMEONE RECOVER FASTER

Having a good understanding of mental ill health will mean that you can act faster to help yourself or someone else recover faster.



### REDUCE THE STIGMA OF MENTAL HEALTH

Sadly for Mental Health conditions stigma still exists. By having the right training from our Mental Health First Aid course you will help to dispel the misconceptions around Mental Health and educate others.