



1 Day

Mental Health First Aid

Becoming a Mental Health First Aider in Your Organisation

► Training Details

Online Training Course Overview

Mental Health First Aid is about providing staff with the skills to help someone who is developing a mental health problem or experiencing a mental health crisis. The impact of physical illness and injury is widely understood as a cause of lost productivity and revenue within a business or organisation. However, mental ill-health is responsible for significant disruption, turnover, and lost productivity.

The Mental Health First Aider in the workplace is the organisational champion for other employees who may be experiencing some form of mental health crisis. The first aider can help guide the person in distress to the relevant help that they need.

Online Training Course Objectives

By the end of this Anderson training course, participants will be able to:

- Describe the core strategies of mental health first-aid
- List common mental health issues
- Understand how to intervene and understand the limits of their role

Designed For

This Anderson training course is suitable to a wide range of professionals but will greatly benefit:

- Anyone who wants to become a mental health first aider
- All Managers, Supervisors and Team Leaders
- All HRM Professionals
- Anyone who wants to broaden their understanding of health in the workplace

Learning Methods

This online training course will utilise a variety of proven online learning techniques to ensure maximum understanding, comprehension, and retention of the information presented.

Online Training Course Outline

Amongst a wide range of valuable topics, the following will be prioritised:

- Introduction to mental health first-aid concepts
- Recognising common mental health issues
- Determinants/causes of mental health issues
- How do you know if someone is experiencing an issue?
- Getting help and helping others
- What does not help?
- Limitations of your role

► Preview

10:30 - 11:00	:	Welcome, Setup, Registration
11:00 - 12:30	:	First Session
12:30 - 12:45	:	Break (15 minutes)
12:45 - 14:15	:	Second Session
14:15 - 14:30	:	Break (15 minutes)
14:30 - 16:00	:	Third Session

▶ The Certificate

Anderson e-Certificate of Completion will be provided to delegates who attend and complete the course

▶ INFO & IN-HOUSE SOLUTION

For more information about this course, call or email us at:

Call us: [+971 4 365 8363](tel:+97143658363)

Email: info@anderson.ae

Request for a Tailor-made training and educational experience for your organization now:

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