

## Course Description and Outline

<b>Course Title</b>	Adult Mental Health First Aid		
<b>Level of Course</b>	Beginners	<b>Course Code</b>	A0023
<b>Duration in Weeks</b>	2 day course		
<b>Brief Description of Course</b>	<p>Mental Health First Aid (MHFA) is a training course, which teaches people how to identify, understand and help someone who may be experiencing a mental health issue. MHFA won't teach you to be a therapist – but just like physical first aid, it will teach you to listen, reassure and respond, even in a crisis – and even potentially stop a crisis from happening. What's more, you'll gain an understanding of how to support positive wellbeing and tackle stigma in the world around you.</p> <p>At the end of this 2-day course you will become a certified Mental Health First Aider.</p>		
<b>Entry Requirements</b>	You will be able to speak English fluently and follow verbal and written instructions.		
<b>Main Learning Outcomes for all Learners (Maximum of 5) By the end of the course you will be able to:</b>			
<b>1</b>	Recognise the factors that impact on mental health and can affect wellbeing		
<b>2</b>	Develop practical skills to spot the triggers and signs of mental health issues		
<b>3</b>	Know when to step in, reassure and support a person in distress		
<b>4</b>	Enhance your interpersonal skills such as non-judgemental listening		
<b>5</b>	Knowledge to help someone recover their health by guiding them to further support - whether that's self-help resources, through their employer, the NHS, or a mix		
<b>Equipment Required What will I need to bring to class?</b>	Pen Workbook once it is provided to you on Day 1		
<b>What courses can I go on to?</b>	<ol style="list-style-type: none"> <li>1. Youth MHFA- Two day, One day and Half day</li> <li>2. Higher Education MHFA- Two day, One day and Half day</li> <li>3. Armed Forces MHFA- Two day, One day and Half day</li> <li>4. 7 day MHFA Instructor training- Adult, Youth, Higher education or Armed Forces</li> </ol>		

### **What examination or assessment will there be and what will it involve?**

You will need to complete the following forms which will be provided at the first session:

1. Equal opportunities form
2. Contact details form- for sending the certificates
3. Evaluation form

There is a workbook which contains both individual and group activities which mainly need to be completed during the session. You are encouraged to work through the activities and case studies that are not covered during the session, in your own time. There is homework at the end of Day 1 which will take an hour of your time. Engaging fully with these activities will embed learning and give you greater confidence as a first aider'

(Please note on all examination courses, it is a requirement that you provide photographic proof of ID. This is for external awarding body and internal invigilation authentication purposes.)

### **How will I know I am making progress?**

The tutor will provide verbal feedback throughout the course.

Students are encouraged to monitor their progress and achievement using an Individual Learning Plan (ILP).

You will also gain more from the course if you commit time to it outside the classroom.

### **Is there anything else I need to know?**

In general, we will not allow late enrolment to any course after the first two weeks. Learners are expected to arrive on time and attend every class.

Children are not allowed in our health & fitness courses unless they are specifically family learning classes. Please do not ask your tutor to give your child access as they do not have the authority to do this.

Students are encouraged to comment on the course. The tutor will distribute at least one student satisfaction survey where your views will feed back into the planning, teaching and learning of future courses.

### **What if I want extra support?**

Come and see one of our experienced and friendly advisors. For further information, email [ideastore@towerhamlets.gov.uk](mailto:ideastore@towerhamlets.gov.uk) and a member of the team will get back to you.

This is a brief description of the course content and is not definitive or exhaustive. The course content may be subject to change without notice however the details above are intended to give a picture of the types of activities which may be included on the course.

Course outlines provide a general summary of the contents and material to be covered during lessons. They are subject to change at the discretion of teachers to meet the needs of learners and should not be regarded as prescriptive lists of activities to be covered.

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