

Adult MHFA One Day Course Programme*

Session 1 – 09:00

- About Mental Health First Aid
- About mental health and stress in the workplace

Break – 10:45

Session 1 continued – 11:00

- Depression
- Anxiety disorders
- Other mental health issues (eating disorders, self-harm, psychosis)
- Alcohol, drugs and mental health

Lunch – 12:45

Session 2 – 13:30

- Applying the MHFA action plan: ALGEE
- Suicide

Break – 15:00

Session 2 continued – 15:15

- Recovery
- Building a mentally healthy workplace
- Action planning

Finish – 17:00

*Please note: due to the nature of the course and the fact that it often stimulates discussion, break timings are to be seen as a guideline only, but you will finish on time!