



Adult MHFA Two Day Course Programme*

Day 1 – Session 1 – 09:00 (with a 15-minute break around 10:45)

- Mental Health First Aid
- Mental health
- Depression

Lunch – 12:45

Day 1 – Session 2 – 13:30 (with a 15-minute break around 15:00)

- First aid for suicidal crisis
- First aid for depression

Finish – 17:00

Day 2 – Session 3 – 09:00 (with a 15-minute break around 10:45)

- Anxiety
- Personality disorders
- Eating disorders
- Self-harm

Lunch – 12:45

Day 2 – Session 4 – 13:30 (with a 15-minute break around 15:00)

- Psychosis
- Recovery
- MHFA 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!