



Adult MHFA Half Day Course Programme*

First Session – 09:00

- What is mental health?
- Mental Health Continuum
- Factors which affect mental health
- Stigma
- Stress and stress management
- Spotting signs of distress

Break – 11:00

Second Session – 11:15

- Mental health conditions
- Recovery
- Take 10 Together – starting a supportive conversation
- My Mental Health Toolkit

Finish – 13:00

*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!