




Course Title	<p style="text-align: center;">Mental Health First Aid 2-day Accredited Course</p>				
Course Description	<div style="text-align: center;">  </div> <p>This Adult Two Day MHFA England course is the only recognised training programme that qualifies you as a Mental Health First Aider.</p> <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 it will teach you to listen, reassure and respond, even in a crisis – and even potentially stop a crisis from happening. MHFA will teach you to identify or signpost a mental health concern, when and how to respond in a crisis, whilst increasing awareness of your own mental health and your legal obligations.</p> <p>Whether you are a healthcare professional or have no formal knowledge of mental health conditions this course is for you. Our open public courses are memorable and according to delegate feedback, life changing for some. By running open courses that are inclusive we attract a mixed demographic which we believe is beneficial to all as we continue to learn from each other and grow as a more open minded and tolerant society.</p>				
Start Date	14 th and 15 th March 2020	Day & Time	Saturday + Sunday 9.30am-5.00pm	Venue	Cambourne Village College
Tutor Details	<p>Jenny White has been delivering training for nearly 10 years. Her background is in corporate HR where she completed her CIPD qualifications, then more latterly in nursing, spending five years on a general Paediatric ward in Cambridge. The two careers combined make her a personable and knowledgeable trainer. Jenny set up the Bridge First Aid in 2014 after leaving the NHS and has expanded the business to meet demands. Jenny is currently training in Equine Facilitated Therapy. She is qualified to deliver all regulated First Aid courses and also fully qualified to deliver Mental Health First Aid which she says is a privilege. Jenny has also completed the Applied Suicide Intervention Skills Training (ASIST) which trains frontline staff in early intervention. Simple skills really do save lives.</p>				
No. of wks	1	Terms	1		
Fee	£165	Concessionary Fee	No discount available		

Course Level:	Mixed ability	X
	Level 1, Level 2 (equiv. to GCSE / NVQ2)	
	Level 3 Equivalent GCE A Level	
Skills or qualifications needed for entry into the class	None	
Course aims & objectives		
<p>Our Adult MHFA Two Day course qualifies you as a Mental Health First Aider.</p> <p>Mental Health First Aiders have:</p> <ul style="list-style-type: none"> • An in depth understanding of mental health and the factors that can affect wellbeing • Practical skills to spot the triggers and signs of mental health issues • Confidence to step in, reassure and support a person in distress • Enhanced interpersonal skills such as non-judgemental listening • Knowledge to help someone recover their health by guiding them to further support. <p>Syllabus:</p> <p>Learning takes place across four manageable sessions. This is over two days. Through a mix of group activities, presentations and discussions, exercises and case studies, each session is built around a Functional Mental Health First Aid action plan. We limit numbers to 16 people per course so that the instructor can keep people safe and supported while they learn. We always provide an opt-out option on all activities. Although these are facilitated in an inclusive, fun and engaging way we also understand some topics may be upsetting or triggering for some individuals.</p> <p>Instructors are experienced in creating and facilitating a non-judgemental learning environment. The MHFA course also teaches participants to take away this attitude into their own lives following the training. All learners are made to feel safe and we often see the group bond as a result.</p> <p>Session 1</p> <ul style="list-style-type: none"> • Why Mental Health First Aid? • The Mental Health First Aid action plan • What is mental health? • Impact of mental health issues • Stigma and discrimination • What is depression? • Symptoms of depression • Risk factors for depression • Depression in the workplace. <p>Session 2</p> <ul style="list-style-type: none"> • Suicide figures • Alcohol, drugs and mental health • First aid for suicidal crisis • Non-judgemental listening skills • First aid for depression • Treatment and resources for depression • Self-care. 		

Session 3

- What is an anxiety disorder?
- First aid for anxiety disorders
- Crisis first aid after a traumatic event
- Alcohol, drugs and anxiety disorders
- Treatment and resources for anxiety disorders
- Cognitive distortions and CBT
- Personality disorders
- Eating disorders
- Self-harm.

Session 4

- What is psychosis?
- Risk factors for psychosis
- Alcohol, drugs and psychosis
- Schizophrenia
- Bipolar disorder
- Warning signs of developing psychosis
- Crisis first aid for acute psychosis
- Treatment and resources for psychosis
- Recovery and building resources
- Action planning for using MHFA.

The Bridge First Aid has a network of approved instructors, delivering a range of courses including Adult MHFA, Youth MHFA and Armed Forces MHFA. Our trainers are all registered MHFA instructors, with their own area of expertise. These include NHS staff and shift workers, Police and the Fire service, the construction industry, the veterinary services industry, or schools and universities. For a bespoke course delivery please get in touch.

Progression – after this course what might you do next?

This will be discussed during the training as it will depend on individual preferences. You can also visit <https://www.thebridgefirstaid.co.uk/home> to read more about implementing Mental Health First Aid into your own organisation and progression.

How progress & success will be recorded

Completion of exercises throughout the training.

Additional course costs (e.g. visits, materials, books, equipment)

None.

The Student Manual and work books, action card and certificate are included in the course fee.

Materials/equipment required for first class

Please bring a packed lunch and drink (we are unable to provide refreshments on site at weekends).

Contact for further informationAdult Education: 01223 264721 commed@combertonvc.org**Enrolment and Payment**

Please enrol at Comberton Village College for all courses, including those in Cambourne and Melbourn. Fees can be paid by cheque, cash or debit card. **Please assume the class is running once payment has been received, unless you hear to the contrary.** Please send an SAE or email contact for confirmation or a receipt if required.

Fees can be paid by cheque, cash or debit card.

Address: Adult Education, Comberton Village College, Comberton, Cambridge, CB23 7DU. Email: commed@combertonvc.org

Cheques: The CAM Academy Trust

In Person: Please bring payment to the college reception.

9.15am–4.30pm Mon–Thurs and

6.45pm–9.15pm Mon and Weds in term time

By Phone: 01223 264721 and pay by debit card.

During the summer holiday period a member of staff will pick up messages each week and return calls and emails. We are closed in other school holidays.

Refunds

Refunds are only available if we close a class or you withdraw at least two weeks before the start. In the latter case there is a £5 administrative charge. Classes cancelled by us due to unforeseen circumstances (e.g. tutor illness or college closure due to heavy snow) will be replaced with an extra class at the end.

Concessionary Fees

25% discount is available for those in receipt of JSA/ESA or Universal Credit; Carers Allowance or a social care assessment (EHCP, PIP) evidence to be provided. It is also possible to pay by instalments, please ask for details.

Calendar (Please check start date of specific courses)

Autumn Term Half term 21st–25th Oct 2019

Spring Term Half term 17th–21st Feb 2020

Summer Term Half term 25th –30th May 2020

Equalities statement

We are fully committed to equality of opportunity and welcome enrolments from all adults. We positively encourage all learners with any concerns about specific needs which might affect their learning to discuss their requirements with us in confidence. We believe that everyone is entitled to learn in an environment that is free from discriminatory behaviour so that we build a community based on mutual trust and respect. We will do our best to ensure that resources and equipment are accessible to all and make reasonable adjustments to ensure that all learners can access activities.

Safeguarding Statement

Arrangements have been made to make sure that you are safe at our Centres. If you feel you are not safe for any reason, for example through verbal or physical abuse or you have been discriminated against, please tell your tutor or the Centre Manager, who will investigate to ensure your safety.