

Scottish Mental Health First Aid

Aims and Objective:

To teach skills to help you assist an individual who is developing a mental health problem or experiencing a mental health crisis.

Learning Outcomes:

Following this study day the health care worker will:

- Have gained an understanding of mental health problems including: depression, anxiety, panic attacks, psychosis, self harm and suicide
- Be aware of how to recognise if someone is experiencing a mental health problem
- Learn skills to help a person developing difficulty with their mental health or in a mental health crisis
- Be able to support people to access appropriate help, including both professional support and evidence based self help strategies
- Explore the relationship between mental health and alcohol and drugs and other health related behaviours / lifestyles

SMFA is delivered under the auspices of the Scottish Governments Healthier Scotland programme in conjunction with NHS Scotland

Target Group:

Interested individuals

Duration:

12 hours (normally 2 day but other delivery options on request)

Key Contact:

For further information or to arrange an appointment, contact

Alastair McGhee, Corporate Development Executive,
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How to Book:

Contact Tracey Reid, Commercial Development Officer,
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