



Course Content

Session 1 – Mental Health Awareness and Depression

- Why mental health first aid?
- Mental health policy in England.
- What is mental health?
- Common mental health problems.
- Attitudes and Shift anti-stigma campaign.
- The five steps of mental health first aid.
- What is depression?
- Symptoms of depression.
- Risk factors for depression.
- Depression in the workplace.

Session 2 – Mental Health First Aid for Suicide and Depression

- Suicide in England and Wales.
- Crisis first aid for suicidal behaviour.
- Crisis first aid for overdose.
- First aid for depression.
- Treatment and resources for depression.



Delivered by Middlesbrough and Stockton Mind on
behalf of the North East Mind MHFA Partnership

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Session 3 - Anxiety Disorders

- What are anxiety disorders (PTSD, GAD, social phobia, panic disorder, agoraphobia, OCD)?
- Symptoms of anxiety disorders.
- Alcohol, drugs and anxiety disorders.
- Crisis first aid for panic attacks.
- Crisis first aid for acute stress reaction.
- Treatment and resources for anxiety disorders.
- Other expressions of distress, including self-harm.

Session 4 - Psychotic Disorders

- What are psychotic disorders (schizophrenia, bipolar disorder)?
- Symptoms of psychotic disorders.
- Risk factors for psychosis.
- Crisis first aid for acute psychosis.
- Treatment and resources for psychosis.
- Action planning for using MHFA.



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