

Course aims

Scotland's Mental Health First Aid aims to help participants:

- preserve life where a person may be a danger to themselves or others
- provide help to prevent a mental health problem developing into a more serious state
- promote recovery of good mental health
- provide comfort to a person suffering mental illness.

SMHFA Instructors

The course can only be delivered by a specially selected, trained and approved person. This ensures that all SMHFA Instructors have a certain level of knowledge, skills and experience, that there is consistency in delivery across Scotland and that the quality of the delivery of the course can be monitored.

"I was very impressed by the idea, content and potential outcomes of the course. I believe that the idea and content smashes right through the barrier of people not being sure what to say or do when confronting distress and gives them skills, knowledge and information to do something to help."

Instructor

Contact details

SMHFA Instructors will be delivering courses across Scotland. For details of dates, times and venues in your area visit the SMHFA website, www.smhfa.com or contact your local instructor:



For general enquiries please contact the SMHFA Programme Administrator by phone 0131 537 4753 or by e-mail smhfa@health.scot.nhs.uk or visit www.SMHFA.com

SMHFA is funded by the Scottish Executive as one part of Scotland's work on mental health improvement.

Scotland's Mental Health First Aid training is endorsed by the Scottish Ambulance Service.

www.smhfa.com

Scotland's
mental health
first aid



You can learn to help someone who is developing mental health problems, or is experiencing a mental health crisis.



Mental Health First Aid was developed in Australia and is based on the concept of general first aid training. It is a 12-hour, evidence-based course with the aim of improving the general public's awareness and understanding of mental health.

The course has been adapted to better suit the needs of people in Scotland and is now being delivered as Scotland's Mental Health First Aid (SMHFA).

The course does not train you to be a therapist, counsellor or mental health professional.

The course will teach you to:

- give initial help to someone experiencing a mental health problem
- deal with a crisis situation or the first signs of someone developing mental ill health
- guide people towards appropriate professional help.

Scotland's mental health



A recent formal evaluation reported:

- The majority of participants felt that the learning they had gained from participating in the training would be useful to them in both their work and personal life.
- Substantial increases in participants' knowledge and awareness of mental health issues, including their ability to recognise if someone was experiencing a mental health problem.
- Participants reported increased confidence that they would be able to recognise if someone is experiencing a mental health problem and to advise them about how to seek appropriate help.
- There was a considerable increase in the proportion of participants who said they would be prepared to help someone they thought was experiencing a mental health problem.

Who should attend?

SMHFA is for everybody.

It is particularly relevant for those who are likely to come into contact with those at risk of mental health problems such as police, nurses, community workers, employment agency staff and family members.

Quotes from participants:

"I am definitely more aware of mental health issues and think I would be better able to recognise if someone is suffering from a specific type of mental health problem."

"Before the training I would never have known someone was feeling suicidal or how to help them. I think I would now be able to recognise if someone was feeling that way and be able to provide them with support...even if it is just talking to them."

Course programme

The 12-hour course covers a number of topics including:

- what is meant by mental health/mental ill health
- the signs and symptoms of common mental health problems including depression, anxiety disorders, and psychosis
- the range of effective interventions and treatments
- how to access professional help and support.

The course delivery is very flexible and may be delivered over 2 full days or spread out over a number of sessions. Participants will receive a certificate of attendance and a copy of the SMHFA Manual, which covers the course content.