

## Armed Forces Mental Health First Aid

### Course Description:

Armed Forces MHFA is split up into four manageable chunks. These are:

- What is mental health, and why Armed Forces MHFA?
- Suicide and depression
- Psychosis
- Anxiety and post traumatic stress disorder.

### Course Outline:

What will I learn?

Armed Forces MHFA is split up into four manageable chunks. These are:

- What is mental health, and why Armed Forces MHFA?
- Suicide and depression
- Psychosis
- Anxiety and post traumatic stress disorder.

In each section you will learn how to:

- Spot the early signs of a mental health issue
- Feel confident helping someone experiencing a mental health issue
- Provide help on a first aid basis
- Help prevent someone from hurting themselves or others
- Help stop a mental health issue from getting worse
- Help someone recover faster
- Guide someone towards the right support
- Reduce the stigma surrounding mental health issues.

These topics have been specifically tailored to the Armed Forces community and its culture.

### Course Duration:

2 Days

### Assessment:

The sessions will be a mix of presentation, discussions, and group work activities. Our instructors provide a safe learning environment and are trained to support you throughout the whole course. If you don't feel comfortable joining in certain parts, then there is no pressure to.



Due to some of the sensitive subjects of our courses we limit numbers to 16 people. We want everyone to feel safe and our instructors can help if people find some parts particularly difficult.

You'll receive an Armed Forces MHFA manual that you can take away with you at the end of the course and an attendance certificate from MHFA England to say that you are now an Armed Forces Mental Health First Aider.

**Qualification:**

Places on the Armed Forces MHFA courses are restricted to members of the following groups:

- Veterans
- Serving personnel
- Family member of Serving or ex-Service personnel
- Health and Social Care working with the Armed Forces community
- Charitable organisations working with the Armed Forces community.

**Awarding Body:**

MHFA England

