

ensa Mental Health First Aid full course content

Introduction

- What is Mental Health? What are Mental Health problems? How common are mental illnesses? – some statistics and the impact of Mental Health disorders
- Overview of the spectrum of interventions for Mental Health and professionals who can help
- Recovery
- Self-care and wellbeing
- Why Mental Health First Aid?
- First Aid in 5 steps: ROGER
- Respond: approach assess assist
- Offer a non-judgmental ear and communicate openly
- Give support and information
- Encourage appropriate professional help
- Rev up the resources

Depression

- Signs and symptoms, risk factors and treatment
- Bipolar disorder – signs and symptoms, risk factors
- Burnout – signs and symptoms, risk factors
- Crises associated with depression – suicidal thoughts and behaviour; First Aid for these crises
- First Aid for depression
- Helpful resources

Anxiety disorders

- Signs and symptoms of anxiety
- Different types of anxiety disorder
- Risk factors
- Treatments
- Crises associated with anxiety problems – panic attack, traumatic events; First Aid for these crises
- First Aid for anxiety disorders
- Helpful resources

Substance Use Disorders

- What substances are abused?
- Risk factors for substance use
- Professionals who can help
- Treatments available
- Crises associated with substance use disorder; First Aid for these crises
- First Aid for substance use disorder
- Helpful resources

Psychosis

- Signs and symptoms
- Mental illnesses where psychosis can occur
- Risk factors
- Treatments available and professionals who can help
- Crises associated with psychosis; First Aid for these crises
- First Aid for psychosis
- Helpful resources

So start helping now.



Helping others, strengthening ourselves.
ensa is First Aid for Mental Health.