



Scotland's mental health first aid (SMHFA) like any other type of first aid, is the help given to a person before appropriate professional help or treatment can be obtained. Mental health first aid is the help given to someone experiencing a mental health problem before other help can be accessed.

SMHFA does not teach people to be therapists. However, it does train people:

- How to ask about suicide
- How to recognise the signs of mental health problems or distress
- How to provide initial help
- How to guide a person towards appropriate professional help.

The following is a brief outline of what is covered on the course:

- guidance on being a Mental Health First Aider
- attitudes to mental health issues, equalities & the recovery message
- the impact of alcohol and drugs on mental health
- introduction to suicide intervention & listening skills
- understanding depression, anxiety and psychosis
- how to offer first aid to someone experiencing depression, anxiety or psychosis

The course does not train people to be mental health workers. It offers basic general information about mental health problems. The knowledge presented and understanding developed in the course helps to remove stigma and fear and to give confidence in approaching a person in distress.

Participants: Aged 16 plus

Numbers: min. of 10 up to max. of 12 per course

Duration: 2 days or 4 half days or 6 two hour sessions

Aims - To develop participants into mental health first aiders:



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- Able to provide initial help
- Confident to ask someone if they are having thoughts of suicide
- Able to recognise the signs of mental health problems or distress
- Can guide a person towards appropriate professional help
- Who promote recovery of good mental health and understanding of mental health issues
- Can provide comfort to a person experiencing distress

Course cost: £600 for a course or £50 per person.

When? Courses are advertised on our Facebook Page and www.blidetrust.org.uk or contact us on 01856 874 874 ask for Frazer.