

Scotland's Mental Health First Aid

Duration: 2 Days

Venue: UHI Orkney

Qualification:

Participants will receive a Public Health Scotland certificate of attendance.

Target audience:

Whilst the course is designed for everyone, Public Health Scotland prioritises staff working in the following areas:

- Health and social care, including emergency responders and community pharmacy;
- Frontline supporters such as debt and money advice, homelessness, violence against women and girls, community justice, addictions services, transport (bus and taxi drivers), hospitality and retail, including hairdressers and barbers;
- Education, including higher and further education, counsellors, youth work;
- Third sector agencies working with communities of interest or location.

Course Aims:

To increase awareness around the most common mental health problems and build confidence amongst learners responding to a mental health crisis. Participants will develop skills in asking appropriate questions; listening without judgment; and giving guidance about where help can be found.

Course content:

The course will include the following topics:

- Recognising when a person might need help and the best way to approach them
- Basic suicide intervention skills
- How to protect your own and other people's mental health
- Effective listening and responding
- Connection between mental health problems and alcohol and drugs
- Connection between mental health problems and discrimination
- Mental health recovery
- Self-help information