



## Further Support

It is important to recognise that this course covers material that you may find emotionally triggering. Your self-care is important, and your safety throughout is our priority. Please consider identifying someone who could potentially support you during or after the course if you need it.

If you have any questions, you can contact us by email at [christo@theblackboxapproach.com](mailto:christo@theblackboxapproach.com) or by calling 0330 133 3733.

## Agenda – Running between 9am and 5pm

### Live Training Session 1

- About Mental Health First Aid
- About mental health and stress in the workplace
- Stigma and discrimination
- Depression
- Anxiety disorders
- Other mental health issues (eating disorders, self-harm, psychosis)
- Early warning signs of mental ill health
- Alcohol, drugs and mental health

### Live Training Session 2

- Applying the Mental Health First Aid action plan
- Action 1: Approach the person, assess and assist with any crisis
- Suicide
- Action 2: Listen and communicate non-judgementally
- Action 3: Give support and information
- Action 4: Encourage the person to get appropriate professional help
- Action 5: Encourage other supports
- Recovery
- Building a mentally healthy workplace
- Action planning for using MHFA