

Mental Health First Aid - Course Overview



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Day 1

SESSION 1

- Why Mental Health First Aid?
- The 5 Steps of Mental Health First Aid
- Common Mental Health Problems
- What is Depression?
- Symptoms & Causes of Depression

SESSION 2

- Crisis First Aid for Suicidal Behaviour
- Treatment & Resources for Depression
- What are Anxiety Disorders? (PTSD, GAD, Social Phobia, Panic Disorder, Agoraphobia, OCD)
- Symptoms & Causes of Anxiety Disorders

Day 2

SESSION 3

- Crisis First Aid for Panic Attacks
- Crisis First Aid for Acute Stress Reaction
- Treatment and Resources for Anxiety Disorders
- What are Psychotic Disorders? (Bipolar Disorder, Schizophrenia)
- Symptoms & Causes of Psychotic Disorders

SESSION 4

- Crisis First Aid for Acute Psychosis
- Treatment and Resources for Psychosis
- What is Substance Use Disorder?
- Symptoms & Causes of Substance Use Disorder
- Crisis First Aid for Overdose
- Treatment and Resources for Substance Use Disorder

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