

# Mental Health First Actions

## Course Overview

This fantastic new workshop-style course gives delegates an insightful understanding of mental health and mental health problems. We'll spend lots of time working on resilience and self-care, and empower people to have the confidence to step in and offer support to others when needed.

Packed with practical advice, delegates will be able to spot signs of declining mental health, and by using a practical action plan, be able to appropriately offer someone help both in an emergency and longer-term situation.

Throughout our workshop-style sessions, we have lots of time to discuss specific mental health conditions, work through case studies and become better prepared to help ourselves and guide and support those around us.

This course isn't about having all the answers, and it's not about teaching people to have all the solutions to other people's problems. It's about genuine empathy for others and helping individuals recognise 'early warning signs' to help prevent illness or decline in wellbeing.

## Loved by...

This course is suitable for all adults within the Equestrian industry and beyond. You with guidance for practical application in the workplace and our own lives do not need any previous knowledge of mental health; however, if you have completed other courses such as Mental Health First Aid (MHFA), this course will complement and build upon your existing knowledge.

## We'll Cover...

In a sensitive environment on this workshop-based course, you will learn:

### Module 1: Mental Health Matters

- What is mental health?
- Thoughts, feelings & behaviour
- How common are mental health problems?
- Mental health as a spectrum
- Mental health alarm bells
- Stigma
- Wellbeing & recovery

### Module 2: The Pressure Pot

- What is pressure?

- What is stress, and how might it make us think, feel & behave?
- Helpful wellbeing strategies
- Unhelpful coping methods
- Stress Self-care (I. A.M. C.A.L.M.E.R.)

### Module 3: Mental Health First Actions

- Our role as a mentor or supporter

- How to approach someone who may have a mental health problem.
- What is a crisis?
- Talking & listening
- Getting help & support
- Promoting wellbeing
- Looking after ourselves

#### Module 4: Experiencing Anxiety

- What is Anxiety
- Anxiety Disorders
- Anxiety Alarm Bells
- A.C.T.I.O.N.S. for Anxiety

- Common Anxiety Problems & Chronic Cycles

#### Module 5: Experiencing Depression

- What is Depression?
- Why Do People Experience Depression?
- Alarm Bells
- Psychotic Symptoms
- Suicide
- A.C.T.I.O.N.S. for Depression

## Great to Know...

- This course is in line with the Health & Safety Executive's (HSE) 'Mental health conditions, work and the workplace' guidance.
- Each delegate will get a certificate from SkillBase First Aid. It is recommended that delegates upskill their knowledge and skills in mental health every 3 years.
- Each delegate will also get a copy of our user-friendly manual, 'The Good Mental Health Guide', to keep.
- This course is a fun and interactive workshop, with lots of time for practice and questions. There are no formal tests; we'll assess the course in a relaxed and non-threatening way!
- Don't forget that all of our courses are backed by our 100% Confidence Guarantee!

