



## **Adult MHFA (Wales) Course Structure**

### **Online Module 1: Introduction to Mental Health:**

- 1.1 Mental Health in Context
- 1.2 Stigma, Risk Factors and Early Intervention
- 1.3 The MHFA Model

### **Online Module 2: Depression**

- 2.1 Introduction to Depression
- 2.2 Crisis First Aid for Suicidal Thoughts and Feelings
- 2.3 Crisis First Aid for Non-suicidal Self-injury
- 2.4 The MHFA Action Plan for Depression

### **Online Module 3: Anxiety**

- 3.1 Introduction to Anxiety
- 3.2 Crisis First for Panic Attacks
- 3.3 Crisis First Aid for Traumatic Experiences
- 3.4 The MHFA Action Plan for Anxiety

### **Live Webinar 1 (3-3½ hours):**

- Recap of Modules 1-3
- Role of The Mental Health First Aider
- Application of The MHFA Action Plan
- Self-care for the Mental Health First Aider

Participants will not be able to access Modules 4 & 5 until Webinar 1 has been completed with the Instructor.

### **Online Module 4: Psychosis**

- 4.1 Psychosis: Introduction, Myths and Stigma
- 4.2 Signs and Symptoms of Psychosis
- 4.3 Crisis First Aid for Acute Psychotic Episodes
- 4.4 The MHFA Action Plan for Psychosis

### **Online Module 5: Substance Use**

- 5.1 Introduction to Substance Use
- 5.2 Crisis First Aid for Substance Use
- 5.3 The MHFA Action Plan for Substance Use

### **Live Webinar 2 (3-3½ hours):**

- Recap of Modules 4 & 5
- Role and self-care of Mental health First Aiders
- Application of The MHFA Action Plan
- Course completion, feedback and online certificate access