



Date: DAY ONE AM

Session One

Session One: Individual learning (1 hour)

<p>Access to the MHFA England Online Learning Hub will be available three days prior to course start.</p>	<p>Delegates need to complete the activities prior to Live Session One.</p> <p>You will not be able to access the next set of activities until Live Session One had been attended.</p>	<ul style="list-style-type: none"> • Introduction to the Online Mental Health First Aid course and the Online Learning Hub (course over view, safety procedure, attending live sessions, and completing individual learning activities) • Activity 1: Why Mental Health First Aid? • Activity 2: The Mental Health First Aid action plan • Activity 3: What is mental health? • Activity 4: Quiz: Impact of mental health
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Session One: Live Session (2hrs 5mins)

<p>Start time: 9.00am</p> <p>End time: 11.05pm</p>	<p>First half Session 1 (55mins)</p> <p>Feedback (10mins)</p> <p>Break (10mins)</p> <p>Second half Session 1 (40mins)</p> <p>Feedback (10mins)</p>	<ul style="list-style-type: none"> • Introduction to course functions • Introduction to the course • ALGEE and mental health introduction recap • Stigma • Risk and protective factors • 10 minute break • Frame of Reference • The Mental Health Continuum • Introduction to the Stress Container
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Session One activities to be completed after live session one

- Activity 5: Stress Container
- Activity 6: Frame of Reference

Activities for Individual learning for Session Two will be available straight after Live Session one has been completed.

Date: DAY ONE PM

Session Two

Individual learning (2 hours): Session Two

<p>Start time: 11.30am</p> <p>End time: 1.30pm</p>	<p>Delegates need to complete the activities prior to Live Session Two</p>	<ul style="list-style-type: none"> • Activity 7: What is depression? • Activity 8: Risk factors for depression • Activity 9: Mental Health First Aid for depression • Activity 10: Introduction to suicide
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Live Session (2hrs 50mins): Session Two

<p>Start time: 2.00pm</p> <p>End time: 4.50pm</p>	<p>First half Session 2 (75mins)</p> <p>Feedback (10mins)</p> <p>Break (10mins)</p> <p>Second half Session 2 (55mins)</p> <p>Feedback (10mins)</p>	<ul style="list-style-type: none"> • Recap of individual learning on depression • Prevalence of suicide • Suicide, substance misuse and dual diagnosis • Analyse the impact of suicidal feelings • Recap of ALGEE and risk factors for suicide • Explain MHFA action plan 1 for suicide • Explain non-judgemental listening, Empathy video • Practice using ALGEE in case study scenarios • Review of ALGEE for suicide and depression • Self-care
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Date: DAY TWO AM

Session Three

Individual learning (2 hours): Session Three

<p>Activates for Session Three will be available straight after Live Session two has been completed.</p>	<p>Delegates need to complete the activities prior to Live Session Three</p>	<ul style="list-style-type: none"> • Activity 11: What is anxiety? • Activity 12: Mental Health First Aid for anxiety • Activity 13: What are eating disorders? • Activity 14: Mental Health First Aid for eating disorders • Activity 15: What is self-harm? • Activity 16: Mental Health First Aid for self-harm • Activity 17: What are personality disorders?
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Live Session (2hrs 20mins): Session Three

<p>Start time: 9.00am</p>	<p>First half Session 3 (55mins)</p>	<ul style="list-style-type: none"> • Recap of individual learning of anxiety • Recap of the five basic steps of ALGEE for anxiety • Explain action 1 for anxiety • How to support someone who is having a panic attack • Explain crisis first aid • Practice action 2: non-judgemental listening • Practice applying the MHFA action plan for anxiety • Recap of ALGEE for anxiety • Explain cognitive behavioural therapy • Recap of eating disorders and self-harm • Case study for eating disorders and self-harm • Review ALGEE for eating disorders and self-harm
<p>End time: 11.20am</p>	<p>Feedback (10mins)</p>	
	<p>Break (10mins)</p>	
	<p>Second half Session 3 (55mins)</p>	
	<p>Feedback (10mins)</p>	

Activates for **Individual learning for Session Four** will be available straight after Live Session three has been completed.

Date: DAY TWO PM

Session Four

Individual learning (2 hours): Session Four

<p>Start time: 11.50am</p>	<p>Delegates need to complete the activities prior to Session Four</p>	<ul style="list-style-type: none"> • Activity 18: What are psychosis, schizophrenia and bipolar disorder? • Activity 19: Risk factors for psychosis • Activity 20: Mental Health First Aid for psychosis • Activity 21: Helpful and unhelpful responses
<p>End time: 1.50am</p>		

Live Session (2hrs 15mins): Session Four

<p>Start time: 2.15pm</p>	<p>First half Session 4 (60mins)</p>	<ul style="list-style-type: none"> • Review of individual learning on psychosis • Explain the development of symptoms of psychosis • Review the five steps of ALGEE for psychosis • Group discussion about MHFA Australia psychosis video • Case study activity using MHFA action plan for psychosis • Recovery • Explore how to build a mentally healthy workplace • Start action plan to use Mental Health First Aid • Feedback
<p>End time: 4.30pm</p>	<p>Feedback (10mins)</p>	
	<p>Break (10mins)</p>	
	<p>Second half Session 4 (45mins)</p>	
	<p>Feedback (10mins)</p>	

To be completed after Live Session Four
Workbook Activity 10: My action plan for using Mental Health First Aid