



Mental health problems can affect a person's entire life: education, finding and keeping a job, forming social relationships, sticking to rules or agreements.

WHY SHOULD I TAKE THE COURSE?

After following the course:

- you understand more about the factors that have a major impact on mental health;
- you have learned skills that you can use in your daily life, such as recognizing signals and symptoms of mental health problems;
- you know that you can refer people to the right help;
- you know what to do when someone is in crisis.

Independent research has shown that following the course:

- creates more awareness about mental health;
- reduces the stigma surrounding mental health problems;
- increases the knowledge about mental health problems and how to deal with these problems;
- encourages people to have a conversation with someone who may have mental health problems.
- increases early intervention, making recovery possible.

You are not going to treat or diagnose. You will not learn how to be a psychiatrist, psychologist or therapist. You do learn how to recognize signals and symptoms and how to offer first aid, how to make genuine contact and to start a conversation non judgementally.



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COURSE 'FIRST AID FOR PSYCHOLOGICAL PROBLEMS'
MENTAL HEALTH FIRST AID

COURSE CONTENT

The MHFA course takes 12 hours and is given in two days of 6 hours or in four separate sessions of 3 hours. In the course attention will be paid to the most common mental health problems.

- Depression
- Anxiety
- Psychosis
- Substance use

And the crisis situations:

- Suicide and suicidal thoughts
- Non-suicidal self-injury
- Panic attack
- Traumatic events
- Severe psychotic state
- Severe effects of alcohol or drug use
- Aggressive behaviour

Use of different practices makes it an interactive course in which course members can contribute.

FIGURES

More than 40% of the Dutch population meets the criteria of a psychiatric diagnosis at some point in their lives. About 75% of the people with mental health problems experience symptoms the first time before they reach the age of 21. About 20% of the working population in the Netherlands has mental health problems like anxiety or depression.

If someone cuts his finger or burns himself, then you'll provide first aid. But what do you do when a loved one, a friend, the neighbour or your student has a panic attack, stays in bed the entire day or is increasingly gloomy?

MARION DEL PRADO

"The course is socially necessary. We need to know much more about mental health conditions. What if one of your friends is depressed and you don't know enough about it? This course is very meaningful and useful for everyone."

DO YOU MAKE THE DIFFERENCE?

The course 'Mental Health First Aid' is an internationally recognised course, in which you learn how to provide first aid to offer help to people with (incipient) mental health problems or to people in crisis.

In the course you will get information about mental health disorders and it teaches you how to have a conversation with someone who has mental health problems. You also learn how to act when someone is in crisis. After the course you can give someone a helping hand; you can really make a difference for someone who may feel very lonely and who has become entangled in the problems he experiences.

WHY MHFA?

Mental health problems are common. Everyone comes into contact with it; in your family, in your circle of friends, at work or at school. Lack of knowledge of mental health problems and not knowing what to do makes that help comes late or that no help is provided. Due to all kinds of prejudices about mental health problems, the threshold for making contact or seeking help is high. MHFA can help lower this threshold in order to seek and find suitable help at an early stage.

Extensive scientific research has shown that MHFA has a positive effect on recognizing mental health problems in yourself and others and on reducing stigma.

DO I GET A CERTIFICATE?

Supporting the class meetings of the course you can use an e-learning system (Note: only available in the Dutch language). The e-learning is without obligation. When you have participated in the four classroom meetings, completed the test and completed the evaluation, you will receive a certificate. You will then be registered as 'first responder MHFA'. The certificate is valid for three years. After completing the refresher course after three years, the validity of your certificate will be extended by three years.

ROB KUITEN

"Yesterday I applied the action plan of MHFA for the first time. On the bridge across the highway I saw a woman huddled along the railing. I turned the car and drove back. She no longer saw the meaning of life because of problems. Together with another passer-by we quietly talked with the woman until the police arrived. I am glad I took the MHFA course and knew what to do. I am very happy that it ended well."

FOR WHOM IS THE COURSE INTENDED?

The course is meaningful for every adult because everyone, at some point in his life, meets mental health issues; in the surrounding area, in the circle of friends or during work. For example, officials such as housing corporation employees, hairdressers, sports coaches, teachers, managers, absence supervisors, shop staff, bus drivers, train conductors, home care workers, firefighters, voluntary emergency services and supervisors of numerous leisure activities such as soccer trainers, volunteers in community centres etc. In short: at some point everyone has to deal with someone who has mental health problems. Recognizing signals and knowing how to respond in a good way means that you can make the difference in the life of someone else.



LEARN MORE

At www.mhfa.nl you will find an overview of our products and our current courses by region. On the website you can see which partner you can contact in your region and how to apply for the course. Companies and organizations can sign up for in company group courses.

A non-binding conversation about what MHFA can do for your company or organization is obviously possible. For more information please contact us at info@mhfa.nl or +31 (0)6 23 71 92 83 or contact our cooperation partner in your region.

MHFA APP

A free MHFA app is available for Android and iOS which includes evidence based guidelines and more information about MHFA.

ONLINE COURSE MENTAL HEALTH

An (estimated) four-hour online course in which you gain insight into and awareness of mental health and stigma. You receive basic knowledge about the most common mental health problems and you learn to trust yourself to support someone else. You also learn to be alert to your own mental health and the mental health of someone else. This online course is a good preparation for one of the MHFA courses.