

# Absence Management Solutions

## TRAINING COURSES

**The Mental Health First Aid Course** runs over two days and participants learn:

- How to spot the triggers and early signs of mental health issues
- Confidence in helping someone experiencing a mental health problem or in distress
- How to implement Mental Health First Aid using enhanced interpersonal skills such as non-judgemental listening
- How to support an individual showing signs of distress to prevent a mental illness progressing
- How to assist with mental health recovery by guiding to appropriate support
- To proactively reduce the stigma of mental health issues and be mindful of their own wellbeing

The Course is delivered in four sessions:

1. Mental Health First Aid, Mental Health and Depression
2. Depression (continued) and Suicidal Crisis
3. Anxiety, Personality Disorders (brief overview), Eating Disorders and Self Harm
4. Psychosis, Schizophrenia, Bipolar Disorder, recovery, developing a mentally healthy workplace, action planning

The sessions are interactive, there is a mix of presentation, group discussion and group work activities and a safe learning environment is promoted due to the nature of the topic being discussed. Each participant will receive a comprehensive manual along with a workbook and reference card and an attendance certificate from MHFA England will be issued on completion of the course.

**The Mental Health First Aid Champion Course** runs over one day and participants learn:

- To recognise the main signs and symptoms of mental ill health
- To provide initial help to an individual experiencing a mental health problem or distress
- To guide the individual towards appropriate professional help
- To develop an understanding of how they can create and maintain a healthier and more productive workforce
- To be mindful of their own wellbeing

This course is run in much the same way as the two day, although the subjects are not covered in such depth of course. Each participant receives a manual and workbook and an attendance certificate from MHFA England will be issued on completion of the course.

The Course is delivered in two sessions:

1. Mental Health First Aid, Mental Health and Stress in the workplace, stigma and discrimination, Depression, Anxiety, Anxiety Disorders, other mental health issues (eating disorders, self-harm, psychosis), Early warning signs of mental ill health, Alcohol, Drugs and mental health
2. Applying the MHFA action plan, recovery, building a mentally healthy workplace and action planning



**The Mental Health ½ Day Awareness Course** runs over 3 ½ hours and covers:

- What is mental health
- Factors which affect mental health
- Stigma
- Stress and stress management
- Spotting the signs of distress
- Mental Health conditions
- Recovery
- Starting a supportive conversation
- Development of your Mental Health Toolkit

Each participant receives a manual and a workbook on completion of the course.

Ask about Adult Mental Health First Aid Training in your organisation or follow the link for scheduled public courses:

<http://www.absencemanagementsolutions.co.uk/mental-health.html>

For more information about any of the above courses, please contact:

**Alex Freeman RGN, DPSN, CDMP**

Email: [alex@absencemanagementsolutions.co.uk](mailto:alex@absencemanagementsolutions.co.uk)

Tel: 01428 658965

Mobile: 07853 277840

[www.absencemanagementsolutions.co.uk](http://www.absencemanagementsolutions.co.uk)



The W2W Cancer Work Support Service helps to support people returning to work after treatment and can help bridge that gap for both the employee and employer. If you would like to know more about how to support your employee returning after a diagnosis and treatment for cancer, we will be holding an open question and answer webinar for employers at the end of March and again in April.

Click on [this link](#) to sign up

<sup>1</sup> Cancer survival is on the rise, but return to work rates are not keeping up, *The Conversation*, December 2018. [Click here](#)