

Online Mental Health First Aid training CWU Pilot course 19th -29th January 2021

This pilot course was run over 4 sessions jointly tutored by **Steve Croke & Jamie McGovern** who are from the team of national CWU MHFA England trained tutors

The sessions ran from 3pm to 5.30pm over 4 sessions covering 2 weeks with some additional home study work required. Mental Health First Aid (MHFA) England, a social enterprise offering expert workplace mental health guidance and training, due to Covid restriction classroom courses are not available, so MHFA England launched a new online version of the flagship Mental Health First Aid course.

The screenshots show a Zoom live session titled "Live Session - Online MHFA (19-29 Jan 2021)". The top screenshot displays the "The Mental Health First Aid action plan" slide, which features a diagram of the ALEGE model (A: Assess, L: Listen, E: Engage, G: Give, E: Encourage). The bottom screenshot displays the "Action 2: Listen and communicate non-judgementally" slide, which includes a list of attitudes and verbal skills, and a pie chart showing 100% for "Non-verbal skills (body language)" and 0% for "Verbal skills". Both screenshots show a grid of participants and a chat window on the right.

Live Session - Online MHFA (19-29 Jan 2021)

Files Tools Chat Playlist Participants Notes

The Mental Health First Aid action plan

**A
L
E
G**

Approach the person, assess and assist with any crisis
Listen and communicate non-judgementally
Give support and information
Encourage the person to get appropriate professional help
Encourage other supports

ALGEE can also be applied to family and friends of the person
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8. Help supports recovery

9. Evaluate the person's mental health and support needs

James McGovern Steve Croke abbie kelly Matt Dickie Tom Shone

Paul Dovey Fevzi Hussein HABIB MANSURI Steve Jones

Live Session - Online MHFA (19-29 Jan 2021)

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MHFA course

Live session 1
Mental Health
First Aid and
mental health

Live session 2
First aid for
suicidal crisis
and depression

Live session 3
Anxiety,
eating disorders,
and self-harm

Live session 4
Psychosis,
recovery, and
MHFA action
planning

Thank you to The Big Lottery Fund who provided
funding for the film clip used in this session.

10. Mental Health First Aid action plan for using

11. MHFA COURSE

James McGovern Steve Croke abbie kelly Matt Dickie

Tom Shone Paul Dovey Fevzi Hussein Steve Jones

Online Mental Health First Aid will offer the same learning outcomes as the face to face training and every person who completes the course will be certified as a Mental Health First Aider.

From the CWU MHFA Tutors perspective, we felt it was crucial to deliver this Mental Health First Aid course, largely due to the fact it can be delivered remotely by our Instructor Members and the current demand for this training is huge and the simple facts are that Covid anxiety is a **very present** and **significant risk** in many of the workplaces where we have representation

This new online course ensures we have the option to continue to deliver expert guidance and evidence-based training, to help create mentally health workplaces and support the mental health of CWU Colleagues during this very difficult time.

The online course still covers all main topic areas as detailed below

MHFA - Introduction

About MH- Recovery and stigma

Depression- What is it and what are the Risk factors

Suicide- First aid for suicide crisis

Substance misuse- What is it and the risk factors

Anxiety Disorders- What is it, Risk factors & First aid

Self-Harm- What is it & first aid

Eating Disorders- What is it, risk factors & and first aid

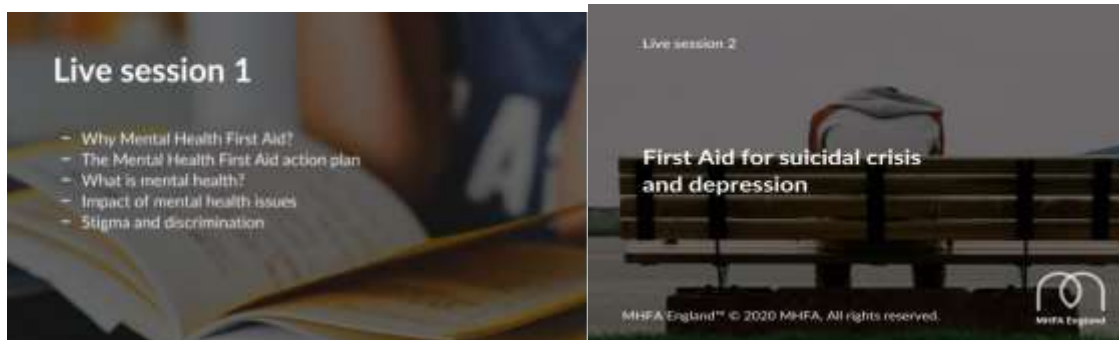
Personality Disorders

Psychosis- What is it, risk factors & first aid

Building a mentally Healthy Community

More data and useful information to provide signposting support.

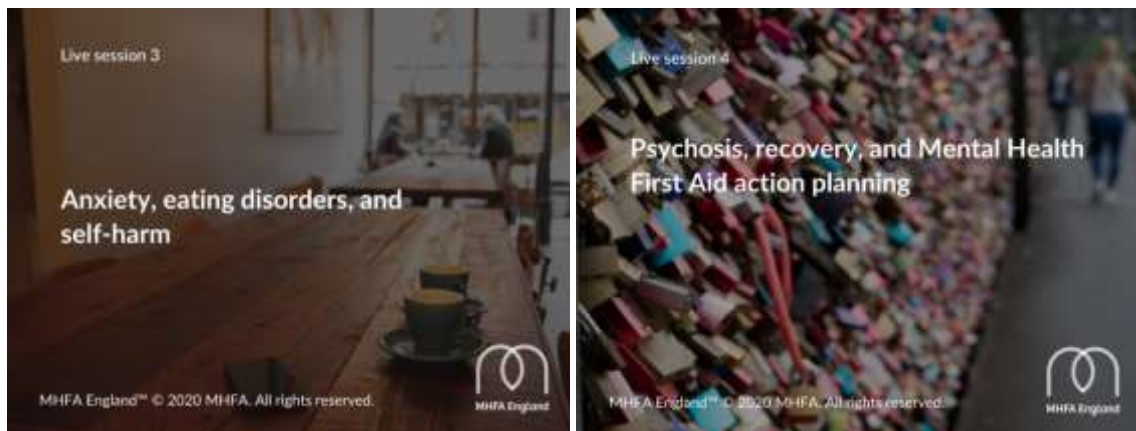
The session tutored during this pilot training event also included videos and a guest notable speaker from the CWU Tony Dunbar.



The Online Mental Health First Aid course is a blended approach of individual learning and four instructor-led live sessions, hosted on a new Online Learning Hub.

As a training course, Mental Health First Aid teaches people how to identify, understand and help someone who may be experiencing a mental health issue. The

organisation's courses and resources also promote self-care as vital way for people to help protect their mental health and prevent issues from getting worse.



To date, MHFA England has trained over 500,000 people across more than 20,000 organisations in mental health awareness and skills.



The course is one of the latest available, in a new online and digital format from MHFA England.

Jamie McGovern, Steve Croke. CWU MHFA tutors 01/02/21