



Mental Health First Aid

The 12-hour AMHFA (Wales) course teaches candidates how to provide Mental Health First Aid to friends, families and co-workers.

Mental Health First Aid is the help provided to a person who is developing a mental health problem, experiencing a worsening of an existing mental health problem, or in a mental health crisis

Subjects Covered

- Depression
- Anxiety problems
- Psychosis
- Substance use problems
- Mental health crises
- Suicidal thoughts and behaviours
- Non-suicidal self-injury
- Panic attacks
- Traumatic events
- Severe psychotic states
- Severe effects from alcohol or other drug use
- Aggressive behaviours
- Mental health interventions for construction
- Tool box talks for construction

Duration

The 12-hour course can be delivered over 2 consecutive days, one day per week over 2 weeks or 4 x half day workshops.

Areas Covered

We are licenced by Training In Mind to deliver across Wales

Instructor Rates

All course costs are inclusive of text books, workbooks, certification and materials for tool box talks. We do not add VAT.

£140pp or £1000 for the entire course which will take up to 14 candidates.

For more information, upcoming dates or to book an instructor

email: info@fourconstruction.co.uk

and we will call you back at your convenience.