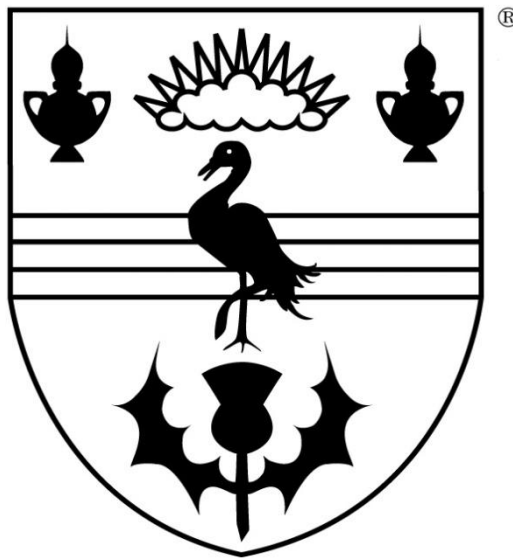


# ***The Royal Environmental Health Institute of Scotland***



## **Mental Health First Aid Course**

### **Syllabus**

**Minimum teaching time – 6 hours**

The Royal Environmental Health Institute of Scotland is a registered Scottish Charity, No SC009406

### **Course Aim:**

- To provide participants with underpinning knowledge about the principles of mental health first aid and mental health conditions
- To start to develop the skills and increase confidence in approaching and/or being approached with a mental health problem or illness
- To recognise how to promote a culture for good mental health within a workplace setting
- To describe the role and responsibility of the Mental Health First aider
- The importance for mental health first aiders to maintain self-care and ensure resilience

## **Course content and modules**

### **General Introduction to course**

Candidate introductions and their expectations from the course

Course overview including assessment

Course ground rules

### **Module 1: Describe the Role and Responsibilities of a Mental health first aider**

- What is Mental Health First Aid?
- The aim of mental health first aid
- Roles and responsibilities of a mental health first aider
- Mental Health First Aid Action Plan – **T.A.L.K.**

### **Module 2: Define what mental health is**

- Definition of Mental Health
- Differentiation between Mental Health and Mental Illness
- Mental Health Continuum
- Identify mental health stigma and discrimination

### **Module 3: Understanding Stress**

- The term stress
- Types of stress
- Stress or anxiety
- Signs and symptoms of stress
- Fight. Flight. Freeze
- Stress response and how to manage it
- Causes of stress
- Coping strategies
- Strong mental resilience and its importance
- Signs of low resilience
- Benefits of having strong resilience
- Key principles of building a strong mental resilience

### **Module 4: Provide support**

- How to start a supportive conversation
- Active listening and the required skills
- The importance of listening non-judgementally
- How to recognise displayed signals
- Reflective listening
- Signposting to resources and support
- Practice T.A.L.K – Case Study - 'David'
- Importance of not keeping secrecy
- Looking after your own mental health/ self – care

### **Module 5: Identifying Mental health conditions**

- Early warning signs of a mental health problem
- Causes/factors that may cause poor mental health
- The impact of poor mental health/mental illness
- Signs of mental illness:
  - Anxiety and anxiety disorders
  - Depression
  - Psychosis
- Understanding self-harm – examples e.g. alcohol, drugs
- Suicide – Assessing risk, warning signs
- Case study – 'John'

### **Module 6: Mental Health First Aid in the Workplace**

- Identify stress in the workplace
- Legal obligation around stress risk assessing
- Building a positive mental health culture in the workplace
- Stigma and discrimination in the workplace and ways to reduce
- Role of Mental Health First Aider in the workplace
- Putting knowledge into practice

*Presenters can 'tailor' the training, whilst covering all aspects of the above syllabus, to meet the requirements of their candidates.*

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