

## Course Structure

### Session 1

Individual learning (1 hour):	Live session (1 hour 45 minutes):
<ul style="list-style-type: none"> <li>• Introduction to the Online Mental Health First Aid course and the Online Learning Hub</li> <li>• Activity 1: Why Mental Health First Aid?</li> <li>• Activity 2: The Mental Health First Aid action plan</li> <li>• Activity 3: What is mental health?</li> <li>• Activity 4: Quiz: Impact of mental health</li> <li>• Activity 5: Stress Container (completed after live session)</li> <li>• Activity 6: Frame of Reference (completed after live session)</li> </ul>	<ul style="list-style-type: none"> <li>• Introduction to course functions</li> <li>• Introduction to the course</li> <li>• ALGEE and mental health introduction recap</li> <li>• Stigma</li> <li>• Risk and protective factors</li> <li>• 10 minute break</li> <li>• Frame of Reference</li> <li>• The Mental Health Continuum</li> <li>• Introduction to the Stress Container</li> </ul>

### Session 2

Individual learning (2 hours):	Live session (2 hours 20 minutes):
<ul style="list-style-type: none"> <li>• Activity 7: What is depression?</li> <li>• Activity 8: Risk factors for depression</li> <li>• Activity 9: Mental Health First Aid for depression</li> <li>• Activity 10: Introduction to suicide</li> </ul>	<ul style="list-style-type: none"> <li>• Recap of individual learning on depression</li> <li>• Prevalence of suicide</li> <li>• Suicide, substance misuse and dual diagnosis</li> <li>• Analyse the impact of suicidal feelings</li> <li>• Recap of ALGEE and risk factors for suicide</li> <li>• Explain Mental Health First Aid action plan 1 for suicide</li> <li>• 10 minute break</li> <li>• Explain non-judgemental listening, Empathy video</li> <li>• Practice using ALGEE in case study scenarios</li> <li>• Review of ALGEE for suicide and depression</li> <li>• Self-care</li> </ul>

### Session 3

Individual learning (2 hours):	Live session (2 hours):
<ul style="list-style-type: none"> <li>• Activity 11: What is anxiety?</li> <li>• Activity 12: Mental Health First Aid for anxiety</li> <li>• Activity 13: What are eating disorders?</li> <li>• Activity 14: Mental Health First Aid for eating disorders</li> <li>• Activity 15: What is self-harm?</li> <li>• Activity 16: Mental Health First Aid for self-harm</li> <li>• Activity 17: What are personality disorders?</li> </ul>	<ul style="list-style-type: none"> <li>• Recap of individual learning on anxiety</li> <li>• Recap of the five basic steps of ALGEE for anxiety</li> <li>• Action 1 for anxiety</li> <li>• How to support someone who is having a panic attack</li> <li>• Explain crisis first aid</li> <li>• Practice action 2: non-judgemental listening</li> <li>• 10 minute break</li> <li>• Practice applying the Mental Health First Aid action plan for anxiety</li> <li>• Explanation of CBT</li> <li>• Recap of eating disorders and self-harm</li> <li>• Case study for eating disorders and self-harm</li> <li>• Review ALGEE for eating disorders and self-harm</li> </ul>

### Session 4

Individual learning (2 hours):	Live session (1 hour 55 minutes):
<ul style="list-style-type: none"> <li>• Activity 18: What is psychosis, schizophrenia and bipolar disorder?</li> <li>• Activity 19: Risk factors for psychosis</li> <li>• Activity 20: Mental Health First Aid for psychosis</li> <li>• Activity 21: Helpful and unhelpful responses</li> <li>• Workbook Activity 10: My action plan for using Mental Health First Aid (completed after live session)</li> </ul>	<ul style="list-style-type: none"> <li>• Review of individual learning</li> <li>• Explain the development of symptoms of psychosis</li> <li>• Review the five steps of ALGEE for psychosis</li> <li>• Group discussion about MHFA Australia psychosis video</li> <li>• Case study activity using Mental Health First Aid action plan for psychosis</li> <li>• 10 minute break</li> <li>• Recovery</li> <li>• Explore how to build a mentally healthy workplace</li> <li>• Start action plan to use Mental Health First Aid</li> </ul>