

**DAY 1 0930 Start**

House keeping / Materials /  
Overview / Ground  
Agreements / Introductions

The Whys, What's &  
Wherefores of Mental  
Health & First Aid?

Stigma and Mental ill Health

The 5 Steps of Mental  
Health First Aid

Common Mental Health  
Problems

**1100-1115  
Coffee/Comfort Break**

What is Depression?

Symptoms/Signs of  
Depression

Risk Factors in depression

Depression in the workplace

**1300-1345 Lunch Break**

Suicide in England and  
Wales

Crisis aid for suicidal  
behaviour

**1530-1545 Coffee/comfort  
break**

First Aid for Depression

Treatment & Resources for  
Depression

**1630-1700 Finish**

**DAY 2 0930 Start**

Review Day 1

What are Anxiety  
Disorders?  
Symptoms/Signs & Causes  
of  
Anxiety Disorders

Crisis First Aid for Panic  
Attacks

**1100-1120 Coffee/comfort  
Break**

Crisis First Aid for Acute  
Stress Reaction

Treatment and Resources  
for Anxiety Disorders

Other Expressions of  
Distress:  
Self Harm / Eating  
Disorders

**1300-1345 Lunch Break**

What are Psychotic  
Disorders? (Bipolar  
Disorder, Schizophrenia)

Symptoms/Signs of  
Psychosis

Risk factors for Psychosis

**1530 -1545  
Coffee/Comfort Break**

Crisis First Aid for Acute  
Psychosis

Treatment and Resources  
for Psychosis

Action Planning and  
evaluations

**1630-1700 Goodbyes**

Please note all timings are negotiable/flexible.