



# Mental Health First Aid UAE (MHFA)

## A 2-PART COURSE

THIS COURSE IS IDEAL FOR INDIVIDUALS WHO WANT TO LEARN MORE, IN PREPARATION FOR INCREASING THEIR CONFIDENCE AND COMPETENCE IN SUPPORTING OTHERS WITH MENTAL HEALTH DIFFICULTIES.

THROUGH THIS EVIDENCED-BASED COURSE THAT IS RECOGNIZED WORLDWIDE, BECOME AN ACCREDITED MENTAL HEALTH FIRST AIDER.

In this 12-hour course, you will learn to confidently and competently:

- Approach a person who may be struggling with a mental health problem and assist with any crisis
- Listen and communicate non-judgmentally
- Give effective support and accurate information
- Encourage the person to get appropriate professional help
- Encourage other supports that will help them

*You will learn how to apply the MHFA Action Plan to a person who may be developing or experiencing a worsening of one or more of the following mental health problems:*

- DEPRESSION
- ANXIETY
- PSYCHOSIS
- SUBSTANCE USE PROBLEMS
- EATING DISORDERS

*And assist with any crisis such as:*

- Suicidal thoughts and behaviours
- Panic attacks
- Following a traumatic event
- Severe psychotic states
- Severe effects from alcohol or drug use
- Aggressive behaviours



### *Mental Health for Everyone, Everywhere*

**COURSE DATES**  
(A 2-PART COURSE):  
**December 7<sup>th</sup> & 8<sup>th</sup>**

**TIMINGS**  
**9am - 4.15pm**

Registration starts at 8.30am.  
Please be seated by 8.50am.

**Pre-Registration required:**  
[www.lighthousearabia.com/events](http://www.lighthousearabia.com/events)  
**T. +971 (0)4 380 2088**

### LOCATION

The LightHouse - Center for Wellbeing.  
For directions please visit our website  
**[lighthousearabia.com/contact](http://lighthousearabia.com/contact)**

**\*Complimentary Valet Parking is available.**

821 Al Wasl Rd  
Al Safa 2  
P.O. Box 334273  
Dubai, UAE

**T.** +971 (0)4 380 2088  
**E.** [info@lighthousearabia.com](mailto:info@lighthousearabia.com)  
      
[@lighthousearabia](https://www.instagram.com/lighthousearabia)



**THE LIGHTHOUSE**  
CENTER FOR WELLBEING

[lighthousearabia.com](http://lighthousearabia.com)