



Online *Adult-to-Adolescent* Mental Health First Aid

THIS EVIDENCE-BASED COURSE IS IDEAL FOR ADULTS WHO WANT TO UNDERSTAND AND SUPPORT MENTAL HEALTH DIFFICULTIES IN YOUNG PEOPLE.

Would you be able to identify the signs if a child or teenager was struggling with depression or anxiety? How would you respond if you knew a child or teen was suicidal or having a panic attack?

Mental Health First Aid is the equivalent to physical first-aid training, but for mental health. It is a powerful toolkit that teaches you how to recognize and respond to signs of mental illness. No prior knowledge of mental health is required for you to learn these skills.



MENTAL HEALTH FIRST AID
UNITED ARAB EMIRATES

Learn a little, help a lot.

A MENTAL HEALTH FIRST-AIDER LEARNS HOW TO IDENTIFY & RESPOND TO:

- Early warning signs of an emerging mental health issue
- An existing mental health illness
- Mental health crises

THIS COURSE IS SUITABLE FOR PARENTS, TEACHERS, SCHOOL ADMINISTRATORS, SPORTS COACHES & HEALTHCARE PROVIDERS.

It is ideal for anyone interacting with adolescents (12 - 18 yrs old), though also relevant for those helping kids a little younger or older.

You will learn how to respond to youth struggling with:

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

MENTAL HEALTH CRISIS SITUATIONS COVERED:

- Suicidal thoughts
- Non-suicidal self-injury (i.e. self-harm)
- Panic attacks
- Trauma
- Severe effects of drugs or alcohol
- Severe psychotic states
- Aggressive behaviors

A 2-PART COURSE

With Free monthly group support sessions

TIMINGS

9.30am - 2.30pm (10 hrs of instruction)

INVESTMENT

AED 1,595 per person + 5% VAT

*Participants who successfully complete the training to become MHFAiders will receive an e-certificate of accreditation and an e-accreditation card that is valid for three (3) years.

COURSE MATERIAL & CERTIFICATE

The course manual must be collected from The LightHouse Arabia before the online training (e-manuals are not permitted).

E-certificates will be e-mailed to participants upon completion of the course.

Pre-Registration required:

lighthousearabia.com/events

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THE LIGHTHOUSE
CENTER FOR WELLBEING

lighthousearabia.com



The training is delivered by clinicians from The LightHouse Arabia, who have received their education and training in the USA, UK, Europe, South Africa and Australia. All have extensive experience in working with individuals and groups on a wide variety of mental health issues.



**MENTAL
HEALTH
FIRST AID**
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*The LightHouse Arabia is
the only accredited provider for
MHFA training in the U.A.E.*

SCHEDULE

SESSION ONE - DAY 1

9.30am – 2.30pm (5 hours)

Section 1

9.30am - 10.45am

MENTAL HEALTH LITERACY

- Defining mental health
- Prevalence rates
- Understanding risk factors
- Adolescent development
- Treatment and support

Section 2

10.45am – 11.15am

HOW TO RESPOND

- The A.L.G.E.E. Action Plan

Section 3

11.15am – 12pm

UNDERSTAND, IDENTIFY & PRACTICE RESPONDING

- Depression in young people

Lunch 12pm – 12.30pm (30 minutes)

12.30pm – 2.30pm

- Small group role plays
- Identifying Suicidal Thoughts

SESSION TWO - DAY 2

9.30am – 2.30pm (5 hours)

Section 3

9.30am - 12pm

UNDERSTAND, IDENTIFY & PRACTICE RESPONDING

- Anxiety disorders
- Panic attacks

Lunch 12pm – 12.30pm (30 minutes)

12.30pm – 2.30pm

- Small group role plays
- **Substance Abuse and Addiction**
- Accreditation Exam

