



# MENTAL HEALTH FIRST AID REFRESHER COURSE

*Identify. Understand. Respond.*

**Since the launch of Mental Health First Aid in the UAE in 2017, the way we live, work, and connect have drastically changed. The result? Skyrocketing rates of mental health concerns. Today, the need for individuals who are equipped to identify the signs of mental health struggles and provide support is higher than ever.**

The Refresher Course keeps your MHFA skills relevant and updates your knowledge with the latest in mental health research. Learn the signs that someone may be struggling while working remotely or in the new hybrid model, and sharpen your support skills by working through complex, real-life Mental Health First Aid conversations. You will also learn best practices to take care of your own mental health.

## WHAT IS IT?

A 4-hour online course to update and refresh your knowledge, skills, and confidence to identify, understand, and respond to friends, family, or a colleague who may be struggling with their mental health or a mental health crisis.

## WHO SHOULD ATTEND:

- Mental Health First Aiders looking to update and further practice their skills
- Accredited Adult-to-Adult Mental Health First Aiders whose accreditation has expired or is near expiration
- Accredited Adult-to-Adolescent Mental Health First Aiders whose accreditation has expired or is near expiration

## KEY LEARNING OBJECTIVES:

- Understand the **gold standard** of a compassionate mindset towards mental health
- Sharpen **detection skills** to identify the signs that someone may be struggling with their mental health or experiencing a mental health crisis.
- Deepen **support skills** by working through real-life case examples of how to respond to someone who may be struggling using the A.L.G.E.E. framework
- Improve **self-care** and learn how to better care for your own mental health
- Learn the **latest research** and trending risk factors in the field of mental health
- Update knowledge of **region-specific** mental health **resources**



**MENTAL  
HEALTH  
FIRST AID**  
UNITED ARAB EMIRATES

*Mental Health for  
Everyone, Everywhere*

## TIMINGS

**9.30am - 1.30pm**

## INVESTMENT

**550 AED per person + 5% VAT**

**Not sure whether your accreditation has expired?** Send us an e-mail at [events@lighthousearabia.com](mailto:events@lighthousearabia.com) and we will check for you. MHFA Accreditation is valid for three (3) years from the date of passing the accreditation exam.

## YOU WILL RECEIVE

- E-packet of key take-aways
- Updated mental health resource list
- E-certificate renewing your accreditation for three (3) more years

**Pre-Registration required:**  
[lighthousearabia.com/events](https://lighthousearabia.com/events)

**T. +971 (0)4 380 2088**



**THE LIGHTHOUSE**  
CENTER FOR WELLBEING

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



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HEALTH  
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*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.*

*Ongoing support: We offer monthly group support sessions free-of-cost, for MHFAiders who have completed the training.*

*The LightHouse Arabia is the only authorized and licensed provider for MHFA training in the U.A.E.*

## COURSE OUTLINE:

### SECTION 1: SUPPORTIVE MINDSET

- Mental Health Mindset Meter
- Risk factors for poor mental health

### SECTION 2: IDENTIFYING AND UNDERSTANDING THE SIGNS OF:

- Stress vs. burnout
- Sadness vs depression
- Worry vs. anxiety disorder
- High functioning depression or anxiety
- Addiction

### SECTION 3: MENTAL HEALTH SUPPORT SKILLS – HOW TO RESPOND USING THE A.L.G.E.E. FRAMEWORK

- Interactive small group role plays
- Live demonstrations by instructors
- How to care for your mental health – defining essential emotional hygiene

### SECTION 4: MENTAL HEALTH RESOURCES

