



THE LiGHTHOUSE
CENTER FOR WELLBEING

MENTAL HEALTH FIRST AID TRAINING (MHFA)

*Mental Health for
Everyone, Everywhere*



WHAT IS MENTAL HEALTH FIRST AID?

According to a study conducted by the World Health Organization (WHO), cases of depression have ballooned almost 20% in a decade, making the debilitating disorder the leading cause of disability, worldwide.

World Health Organization

Mental Health First Aid (MHFA) equips individuals and organizations with the skills to identify and assist someone who is developing a mental health challenge or is experiencing a mental health crisis such as **panic attacks, bouts of depression, difficulties with expatriate adjustment or the after effects of trauma or bereavement.**

Just as with physical first aid, in all situations the goal is to provide support until appropriate professional help arrives.

The central aim is to improve the Mental Health Literacy (MHL) of individuals and organizations, defined as the ability to be sensitively aware and respond with skill to people experiencing mental and emotional challenges, and facilitate appropriate action.



ABOUT MHFA (AUSTRALIA) – DEVELOPERS OF THE PROGRAM

Mental Health First Aid was created in Australia in 2001 by Betty Kitchener, a nurse specializing in health education, and Dr. Anthony Jorm, a respected mental health literacy professor from Melbourne University, Australia's number one ranked university.

MHFA is a well evaluated mental health literacy program. To date, 16 randomized controlled trials have shown the MHFA program to be highly effective in raising the MHL of its participants.

The program is in 22 countries with over 2 million people worldwide trained as MHFA first aiders.

***Mental illness is the leading cause
of disability, worldwide***

WHY CHOOSE MHFA TRAINING FOR YOUR ORGANIZATION?

RESEARCH DEMONSTRATES THAT HAVING CHRONIC STRESS, AND WORKING IN A WORKPLACE CULTURE OF CHRONIC STRESS, ARE MAJOR DETERMINANTS OF POOR MENTAL HEALTH AS WELL AS DIAGNOSABLE MENTAL HEALTH DISORDERS.

<p>Mental illness is expensive</p>	<p>Costs associated with mental illness in the workplace are high and can be attributed indirectly to the impairment of productivity due to sick leave and loss of productivity while at work.</p>
<p>Increasing an organization's Mental Health Literacy (MHL) disrupts chronic stress. Stress is normal – chronic stress is an inability to manage stressors. MHL helps change the way people respond to stress and therefore helps them avoid chronic stress</p>	<p>Research shows that risk of common mental challenges differs depending on role.</p> <p>Most at risk are:</p> <ul style="list-style-type: none">• People working very long hours• Those in non-traditional gender roles• Atypical workers (casual and fixed contract staff)
<p>Mental health challenges are real and common in our fast-paced world</p>	<p>Most common are depression, anxiety and substance abuse. The World Health Organization predicts that depression will be the second most common illness, of all illnesses physical or mental, by 2020.</p>
<p>A high MHL workplace focuses on effective prevention of mental health challenges</p>	<p>When the MHL 'floor' of an organization is raised, prevention strategies (such as company-wide wellness initiatives) that fit well with company vision and mission, are more appropriately designed, effective and attract more participation.</p>

WHO FACILITATES THE MHFA TRAINING?

THE TRAINING IS DELIVERED BY TEAM MEMBERS FROM THE LIGHTHOUSE ARABIA. ALL ARE CLINICAL OR COUNSELING PSYCHOLOGISTS 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.

We are committed to improving Mental Health Literacy (MHL) in organizations through:

- Delivery and instruction of evidence-based information and intervention techniques.
- Tailoring the delivery to the organization's unique context and needs.
- Using effective role plays and to construct workplace-specific scenarios for practice.
- Our advanced cultural competence and deep understanding of the realities of living and working in Dubai – with the specific challenges and opportunities this creates.

The drop in productivity, and other medical conditions often linked to depression, also takes a financial toll, with the global cost estimated at \$1 trillion annually.

World Health Organization



EVIDENCE SUPPORTING MHFA

Peer reviewed studies from Australia and across the globe demonstrate that the program:

- Saves lives.
- Improves the mental health of the individual administering care and the one receiving it.
- Expands knowledge of mental challenges and their treatments.
- Increases the uptake of effective professional mental health services.
- Reduces overall social distance toward individuals with mental challenges by improving Mental Health Literacy (MHL).

According to the WHO, every dollar invested in improving access to mental health treatment leads to a return of \$4 in better health and productivity.

Increased MHL means timely, skilled and effective interventions

- Early intervention in the workplace reduces the impact of common mental illnesses. The length of delay in seeking help is the core determinant of long term sickness absence.
- The de-stigmatization which happens because of increased MHL means individuals will seek professional help much sooner.
- Providing early support to those showing initial signs of mental challenges reduces further productivity impairments down the line.
- Early intervention is cost effective, as the costs associated with lost productivity due to mental illness are higher than the costs associated with prevention programs and treatment (de Graf et al, 2012).



WHAT TO EXPECT FROM THE MHFA TRAINING

MHFA TRAINING IS A 12-HOUR COURSE DELIVERED IN MULTIPLE SESSIONS. PARTICIPANTS WILL RECEIVE A CERTIFICATE OF COMPLETION OF ACCREDITATION AT THE END OF THE TRAINING.

Participants in the MHFA training will:

- Become aware of the warning signs of mental health challenges.
- Engage in experiential activities to build understanding of the impact of mental health challenges on individuals and families.
- Learn the MHFA action plan and how to effectively apply it.

Why is the training so effective?

During the MHFA training, participants are given opportunities to practice new skills and knowledge through role plays, relevant scenarios and activities.

This makes it easier for them to apply these skills in real-life situations.

TOPICS COVERED IN MHFA TRAINING

- Depression
- Anxiety
- Trauma
- Psychosis
- Substance use disorders

PARTICIPANTS ARE TAUGHT

- To approach a person who may be experiencing a mental health challenge and assist with any crisis
- To listen and communicate non-judgmentally
- To offer support and information
- To encourage them to seek help from a professional
- To encourage them to use other supports

IN WHAT SITUATIONS?

- Panic attacks
- Suicidal risk
- Acute psychotic episodes (hallucinations and delusions)
- Reactions to traumatic events

The UK Government has publicly called for a 'mental health first aider in every workplace' as part of a framework aiming to reduce the impact of mental illnesses at work.

LEARN MORE ABOUT BRINGING MHFA TRAINING TO YOUR ORGANIZATION

For more information, please contact:

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*Mental Health for
Everyone, Everywhere*

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



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