



Online Adult-to-Adolescent Mental Health First Aid Training

A 2-PART COURSE FOR ADULTS

THIS EVIDENCE-BASED COURSE IS IDEAL FOR ADULTS WHO WANT TO IDENTIFY, UNDERSTAND, AND RESPOND TO YOUNG PEOPLE WHO MAY BE STRUGGLING WITH THEIR MENTAL HEALTH.

Identify. Understand. Respond.

Mental Health First Aid is the equivalent to physical first-aid training, but for mental health. This 10-hour international evidence-based course is proven to be effective. Mental Health First Aid teaches you how to identify, understand, and respond to the signs that a young individual may be struggling with their mental health.

THE LIGHTHOUSE ARABIA IS THE ONLY ACCREDITED PROVIDER IN THE UAE.

THIS COURSE IS IDEAL FOR:

- Parents
- Teachers
- School Administrators
- Sport coaches
- Anyone who is interested in learning more about adolescent mental health

LEARNING OUTCOMES:

- Mental Health First Aiders learn how to recognize and respond to someone who is:
 - Beginning to struggle with their mental health
 - Currently struggling with their mental health
 - Experiencing a mental health crisis
- Learn how to identify and respond to:
 - Depression
 - Anxiety disorders
 - Eating disorders
 - Addiction
- Learn how to identify and respond to mental health crises such as:
 - Suicidal thoughts
 - Panic attacks
 - Severe effects of substance abuse



MENTAL HEALTH FIRST AID
UNITED ARAB EMIRATES

Mental Health for Everyone, Everywhere

TIMINGS (A 2-Part Course)
9.30am - 2.30pm

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.

ONGOING SUPPORT
We offer monthly group support sessions free-of-cost for MHFAiders who have completed the training.

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

Pre-Registration required:
W. lighthousearabia.com/events
T. +971 (0)4 380 2088





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**
UNITED ARAB EMIRATES

*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

