



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

A 2-PART COURSE FOR ADULTS

THIS EVIDENCE-BASED COURSE IS RECOGNIZED IN MORE THAN 25 COUNTRIES. THE LIGHTHOUSE ARABIA IS THE ONLY ACCREDITED PROVIDER IN THE UAE.

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 someone in your life may be struggling with their mental health.

THIS COURSE IS IDEAL FOR:

- Managers
- HR Professionals
- Educators
- Healthcare providers (Doctors, nurses, administrators)
- The Public Sector
- Parents
- Students
- Anyone who is interested in learning more about 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
 - Addiction
- Learn how to identify and respond to mental health crises such as:
 - Suicidal thoughts
 - Panic attacks
 - The after-effects of trauma
 - Severe effects of substance abuse



MENTAL HEALTH FIRST AID
UNITED ARAB EMIRATES

Mental Health for Everyone, Everywhere

TIMINGS

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.

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



**MENTAL
HEALTH
FIRST AID**
UNITED ARAB EMIRATES

The LightHouse Arabia is the only authorized and licensed 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 and protective factors
- 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

Lunch 12pm – 12.45pm (45 minutes)

12.45pm – 2.30pm

- Small group role plays
- 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
 - Trauma

Lunch 12pm – 12.45pm (45 minutes)

12.45pm – 2.30pm

- Small group role plays
- **Substance abuse and addiction**
- Accreditation Exam

