

Mental Health First Aid Short Courses

Mental Health First Aid - Non-Suicidal Self Injury- Wednesday 6th February

The [NSSI course](#) gives participants an opportunity to learn how to help someone who is engaging in self-injury. This includes training in why people engage in self-injury, how to talk someone who is engaging in this behaviour, how to help the person stay safe, how to connect them to appropriate professional help and to assess for suicide.

[Click here to make your booking](#)

Mental Health First Aid - Gambling Problems - Wednesday 13 February

The [Gambling Problems Course](#) gives participants an opportunity to learn about the risk factors, signs, symptoms and motivations of gambling problems, how to approach someone about their gambling problems, how relapse might affect someone with gambling problems, and how to manage your own self-care.

[Click here to make your booking](#)

Trainer: [Matt Gray](#)

More information about the courses

Please note: Participants won't view any graphic scenes in the film clips.

When asked, 'What their overall impression of the course was:'

- A course well worth doing and supportive of those facing Mental Health issues. A great course to help dissolve some myths surrounding Mental Health issues.
- Motivated and encouraged, empowered and have gained greater depth and clarity on many aspects of non-suicidal self-injury.
- I think it provides my next stage of learning; in my training for emergency relief this snap course fills a gap with speed and targeting, what works in practice for this specific group; the bang on targeted training zeros in on an effective, on-the-run, power pack, toolkit for stopping this behaviour in people's lives!
- The provides valuable information on non-suicidal self-injury and was worthwhile attending.
- I now have a much deeper understanding of non-suicidal self-injury.
- Very good but needed more time to cover all the subjects.

Strengths of the course:

- The video - Controlling the pain ... stories of lived experiences has much more impact than telling us about someone
- The video – Zoe's story ... once again the visual is much easier to follow and understand.
- Practical session at the beginning, where we had to work together/discuss and put the 8 reasons in order of highest to lowest percentage of why people engage in NSSI.
- Engaging presentation style, welcoming and friendly, emphasis on self-care, active participation of attendees, hands on activities.
- These are as above, the planned approach, clear learning objectives, managed learning goals and relevant knowledge to addressing the problem head on!
- It is targeted to the specific issue of non-suicidal self-injury with relevant research data and practical formation.
- The excellent instructor, informative videos and course booklet.
- Gives a clear understanding of mental health 1st aid.