



# 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*

#### COURSE DATES

(A 2-PART COURSE):

**Wednesday, August 2<sup>nd</sup> &  
Thursday, August 3<sup>rd</sup>, 2023**

#### TIMINGS

**9.30am - 2.30pm**

#### INVESTMENT

**AED 1,595 per person + 5% VAT**

**AED 1,795 per person + 5% VAT**  
if collecting CEUs from DHA

\*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.

#### 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:**  
[lighthousearabia.com/events](https://lighthousearabia.com/events)

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



**THE LiGHTHOUSE**  
CENTER FOR WELLBEING

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



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.*



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*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

