Mental Health First Aid Training Course (MHFA)

St John Singapore

Course Synopsis
This Mental Health First Aid (MHFA) training course equips participants with the skills to identify, understand, and respond to signs of mental health issues and crises. Through practical exercises and real-life scenarios, participants will learn to provide initial support, de-escalate distressing situations, and guide individuals toward professional help. The course covers a wide range of topics, including communication techniques, recognizing warning signs, and self-care strategies for both the helper and the individual in need. This course empowers individuals to foster mental well-being in their workplaces and communities.

Eligibility for Enrolment
- Open to individuals aged 18 and above
- No prior mental health training required
- Physically and mentally fit to engage in training and role-play exercises.

Target Audience
- This course is ideal for:
- Managers and HR Professionals
- Educators and School Counselors
- Healthcare and Social Workers
- Community Leaders and Volunteers

Training Outcomes
- Understand the difference between mental health and mental illness
- Recognize signs of mental health issues and crises
- Provide initial support using the ALGEE framework (Assess, Listen, Give support, Encourage help, Encourage self-care)
- Apply communication and de-escalation techniques
- Encourage professional help and provide post-crisis support

Course Content
- Module 1: Introduction to Mental Health First Aid
- Module 2: Understanding Mental Health and Mental Illness
- Module 3: Communication Skills and De-escalation Techniques
- Module 4: Crisis Situations and Intervention
- Module 5: Post-Crisis Support and Self-Care

To register: St John Singapore



Course Duration
Classroom Training: 12 hours over 2 days
Practicum: Additional real-life scenario-based training included within the course
Total Duration: 12 hours

Course Fee: S$350 (Without GST)

Next course dates:
830am-530pm 05/11/26
830am-1230pm 06/11/26

Notes
1) Course fees are not inclusive of GST.
2) Course fees are subjected to revision at the discretion of the management without prior notice.

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420 Beach Road Singapore 199582

Register by Contacting us:

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