



FIRST AID FOR MENTAL AND EMOTIONAL HEALTH

SYNOPSIS

The common public perception of "first aid" has typically concerned the domain of physical health and safety. However, less visible mental and emotional wounds, sustained from time to time through life's journey, are often overlooked. Yet, psychological health is a crucial aspect of a person's overall wellbeing. Such wounds, if left unattended, may leave scars that keep manifesting as unhelpful thoughts, feelings, and behaviours.

While many conventional psychological first aid programmes tend to focus on psychological traumas induced by extraordinary events (natural disasters, acts of terrorism, etc), this programme is designed to address distress that can be produced by relatively more normal occurrences (sudden death, retrenchment, unmanageable stress, interpersonal conflicts, etc), which nonetheless have the insidious potential to erode an individual's mental wellbeing, resilience, and effectiveness. In this regard, this is an "everyday" first aid approach to mental and emotional health. At the same time, many of the competencies acquired in this programme can also be applied to emergency and crisis situations.

LEARNING OBJECTIVES

Participants of this workshop should be able to:

1. Identify common signs of mental-emotional distress and its impact on overall wellbeing;
2. Use appropriate attending skills to provide mental-emotional support;
3. Use appropriate strategies to help manage the individual's distress in crisis and non-crisis situations;
4. Identify common signs that may require professional support and make the relevant referral;
5. Be aware of personal boundaries and self-care when attending to others' needs.

TOPICS

- Understanding mental-emotional health and impact on overall wellbeing
- Common signs of depression, anxiety, and general distress
- Common maladaptive coping behaviours
- Common missteps in attending to someone in distress
- Attending Skills (empathy, listening, safety, microskills)
- Strategies (stabilising, containing, soothing, resourcing)
- Referral and self-care
- Scenario-based Roleplay and Debrief

COURSE DETAILS

DURATION

1 full day (9am to 6pm)

COURSE DATE

Please refer to website or contact our staff

TARGET AUDIENCE

General Public

ENROLMENT CRITERIA

O level and above
Proficient in English

AWARD

Certificate of Competency

COURSE FEE

S250 (excl GST)

Application of SF credits in progress

ENQUIRIES & CONTACT

For more information pertaining to the course, you may contact us as follows:

St John Headquarters

Contact No: +65 62980300

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