



The Lisa Lowe Centre  
*Specialist Psychological Therapies*



Positive Mental Health

**Title:** Wellbeing & mental health first aider – 1 Day course (20 places only)

**Date:** February Dates tbc

**Time:** 9 - 5pm (lunch included)

**Venue:** St. John's Mill, Mill Road, St. John's, Isle of Man, IM4 3AF

**Cost:** £250 per person + VAT

**To book your places please email:** [info@thecentre.im](mailto:info@thecentre.im)

For further information please visit: [www.thecentre.im/education](http://www.thecentre.im/education)

## **COURSE OUTLINE - Wellbeing & Mental Health First Aider**

### **Aim**

To provide you with the knowledge, skills and toolkit you need to support wellbeing and mental health within your organisation and to take on the role of 'mental health first aider'.

### **Course overview**

This workshop provides you with the skills, knowledge and toolkit to become a 'mental health first aider' and so to promote wellbeing and positive mental health within your organisation. You won't be a therapist or a counsellor, but you will be in a strong position to signpost your colleagues to support and help on a first aid basis.

### **Presented by:**

Together with your facilitators, Mandy Kinnell, Gareth Nicholson and a qualified accredited Psychotherapist from the Lisa Lowe Centre,, you will define well-being and mental health, and learn techniques to give you confidence in supporting your colleagues, – and you will leave with a detailed action plan for how you will take the role forward and embed it. All this in a highly practical and engaging workshop where you will benefit from the presence of a fully qualified therapist to bring to life what you are learning and have ample opportunity to practise newly acquired techniques and approaches. You will return to work full of ideas and feeling confident in your new role.

### **Content**

This one-day workshop is held in a relaxed setting to optimise the learning process. By the end of the day you will have learnt:

- What mental health is
- An understanding of common mental health issues
- An understanding of the factors that can affect wellbeing, including how to spot the triggers and signs of mental health issues
- How to provide help on a first aid basis including stepping in, reassuring and supporting a person in distress
- Enhanced interpersonal skills such as non-judgemental listening
- How to help someone recover by guiding them to further support
- How to promote wellbeing in your workplace

### **Who should attend**

This workshop is specifically designed for people in the workplace who have volunteered to take on the role of mental health first aider. We will assist with helping you to gauge your suitability for taking on such a role at the pre-attendance stage.

**Key information**

This course is brought to you by The Lisa Lowe Centre in support of Manx Cancer Help, a registered charity. Our mission is to promote awareness of mental health in the local community in support of the people of the Isle of Man.

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