

Scottish Mental Health First Aid

Trainer - Tina McGuff

Day 1

Intro to SMHFA – 30 minutes - 9.30 -10am

Attitudes - 1 hour - 10 – 11am

Break – 15 minutes

Recovery – 30 minutes – 11.15-11.45am

Alcohol and Drugs – 30 minutes 11.45-12.15

Lunch – 1 hour 12.15 – 1.15pm

Suicide – 1 hour 1.15 – 2.15pm

Listening skills – 1 hour – 2.15 – 3.15pm

Break – 15 minutes

Self-harm – 1 hour – 3.30 – 4.30pm

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DAY 2

Check in – 15 minutes – 9.30 -9.45

Depression – 2 hours – 9.45 – 11.45pm (break in-between)

Lunch – 45 minutes 11.45 – 12.30

Anxiety – 2 hours – 12.30 – 2.30

Break – 15 minutes

Psychosis – 2 hours – 2.45 – 4.30