

Course : Mental Health First Aid (MHFA) in Luxembourg

Becoming a First Aid Responder in the Workplace
Practical course - 2d - 14h00 - Ref. PSU

NEW

Emotional regulation, rising workplace stress, and recognizing early warning signs: mental health has become a major issue in CSR and workplace well-being within organizations. This official training program will enable you to develop the key skills needed to identify mental health issues early on and adopt the appropriate professional approach in the Grand Duchy of Luxembourg. It will provide you with an international, structured intervention methodology to defuse crisis situations and effectively refer individuals to the Luxembourg healthcare network.

Teaching objectives

At the end of the training, the participant will be able to:

- ✓ Gain a basic understanding of mental health and the spectrum of mental disorders
- ✓ Identifying early warning signs, behavioral changes, and subtle signals in the workplace
- ✓ Mastering and Implementing the ROGER Structured Intervention Method When Dealing with a Person in Distress
- ✓ Adopt an interpersonal approach characterized by active listening, kindness, a sense of security, and freedom from prejudice
- ✓ Respond appropriately and safely in crisis situations (suicide crises, panic attacks, addictions, psychosis)
- ✓ Effectively refer the individual to the professional care and support services specific to the Luxembourg healthcare system

Intended audience

Executives, managers, HR leaders and staff, occupational health and safety professionals, employee representatives, health and safety representatives (DSST), and any employee wishing to get involved in mental health prevention in Luxembourg

Prerequisites

None

PARTICIPANTS

Executives, managers, HR leaders and staff, occupational health and safety professionals, employee representatives, health and safety representatives (DSST), and any employee wishing to get involved in mental health prevention in Luxembourg

PREREQUISITES

None

TRAINER QUALIFICATIONS

The experts leading the training are specialists in the covered subjects. They have been approved by our instructional teams for both their professional knowledge and their teaching ability, for each course they teach. They have at least five to ten years of experience in their field and hold (or have held) decision-making positions in companies.

ASSESSMENT TERMS

The trainer evaluates each participant's academic progress throughout the training using multiple choice, scenarios, hands-on work and more. Participants also complete a placement test before and after the course to measure the skills they've developed.

Practical details

Teaching methods

Session led by a PSSM Luxembourg-certified instructor, with the official manual provided.

Course schedule

1 Introducing Mental Health and Identifying Mental Disorders

- Defining mental health, understanding perceptions of it, and tracking its development
- Understanding what a mental disorder is and analyzing its general mechanisms
- Learn the basics of mental health first aid and the steps of the ROGER method
- Identifying the early warning signs and symptoms of depression

Hands-on work

Assess common misconceptions through a group quiz, clarify fundamental concepts in small groups, discuss barriers related to stigma, and explore an initial screening tool.

2 Managing Depression and Anxiety Disorders

- Recognizing the physical signs and behavioral changes associated with depression
- Responding Effectively to Crises, Suicidal Thoughts, or Suicidal Behavior
- Apply the steps of the ROGER method in the context of depression
- Understanding the Different Anxiety Disorders and Their Triggers
- Identify the main symptoms and warning signs of anxiety

Hands-on work

Refresh your knowledge of suicide crises through a quiz, identify signs of depression in real-life cases, analyze a video testimonial, and practice reaching out to someone in crisis.

3 Treating Anxiety Disorders and Substance Use Disorders

- Helping Someone and Following the Protocol During a Panic Attack
- Responding Appropriately and Safely After a Traumatic Event
- Implementing the ROGER Method's Support Steps for Anxiety Disorders
- Identify the signs and symptoms associated with substance use
- Handling crisis situations such as serious physical injuries or aggression

Hands-on work

Learn to apply the ROGER method to situations involving anxiety, practice coping with a panic attack, analyze one's mental representations using a video about substance use, and work on cultivating compassionate attitudes in small groups.

TEACHING AIDS AND TECHNICAL RESOURCES

- The main teaching aids and instructional methods used in the training are audiovisual aids, documentation and course material, hands-on application exercises and corrected exercises for practical training courses, case studies and coverage of real cases for training seminars.
- At the end of each course or seminar, ORSYS provides participants with a course evaluation questionnaire that is analysed by our instructional teams.
- A check-in sheet for each half-day of attendance is provided at the end of the training, along with a course completion certificate if the trainee attended the entire session.

TERMS AND DEADLINES

Registration must be completed 24 hours before the start of the training.

ACCESSIBILITY FOR PEOPLE WITH DISABILITIES

Do you need special accessibility accommodations? Contact Mrs. Fosse, Disability Manager, at psh-accueil@orsys.fr to review your request and its feasibility.

4 Treating substance use disorders and psychotic disorders

- Supporting an employee with an addiction using the ROGER method
- Understanding Psychotic Disorders and Debunking Misconceptions
- Recognize the characteristic signs of a phase of losing touch with reality
- How to Respond Safely to a Severe Psychotic Episode
- Effectively refer individuals to the healthcare and support network in Luxembourg

Hands-on work

Adjust your listening approach by watching a video on substances, debunk common misconceptions with the “Myths and Realities” quiz, analyze a video testimonial on stigma, and work through a comprehensive case study of a psychotic episode.

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