

# Course : First aid in mental health PSSM France

**Mental health: first aid for people in crisis or difficulty**

**Practical course - 2d - 14h00 - Ref. PSS**

**Price : 1590 CHF E.T.**

 4,8 / 5

This training will teach you how to spot mental health disorders, adopt appropriate behavior and communication, provide information on available resources and refer people to the right professionals. Inspired by physical first aid techniques, mental health first aid is designed to help people who are experiencing the onset or deterioration of mental health problems, or who are experiencing a mental health crisis.

## Teaching objectives

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

- ✓ Acquire basic knowledge of mental health disorders
- ✓ A better understanding of the different types of mental health crises
- ✓ Developing interpersonal skills: listening without judgment, reassuring and providing appropriate information
- ✓ Coping better with aggressive behavior

## Intended audience

Anyone interested in learning about mental health or becoming a mental health first-aider

## Prerequisites

No

## Practical details

### Hands-on work

A participatory teaching approach to build confidence in interacting with people with mental health problems or in crisis.

### Teaching methods

A participatory teaching approach to build confidence in interacting with people experiencing mental health problems or in crisis.

## PARTICIPANTS

Anyone interested in learning about mental health or becoming a mental health first-aider

## PREREQUISITES

No

## 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.

## Course schedule

### 1 Understanding mental health and intervention methods

- Understanding the characteristics of mental health in France: statistics, risk factors and consequences
- Defining effective types of intervention
- Understanding the framework of first aid in mental health
- Apply a methodical action plan

#### Hands-on work

Group quiz on the first notions of mental health. Sub-group exercise to define mental health and psychological disorders. Collective reflection on the stigmatization of mental health and the obstacles to seeking help.

### 2 Identifying and supporting depressive disorders

- Identifying the signs and symptoms of depression and bipolarity
- Communicating the different types of intervention available for depression and bipolarity
- Helping someone suffering from a depressive disorder (without crisis)
- Helping someone in a suicidal crisis

#### Hands-on work

Discussion around a work of art created by a person affected by depression. Quiz on the signs and symptoms of depression. Application of the AERER method based on a case of depression. Mise en situation d'approche d'une personne avec des intentions suicidaires.

### 3 Identifying and supporting anxiety disorders

- Identifying the signs and symptoms of anxiety disorders
- Communicating the different types of intervention available for anxiety disorders
- Helping a person suffering from an anxiety disorder (without crisis)
- Helping a person in the event of a panic attack or after a traumatic event

#### Hands-on work

Discussion of a work of art created by a person affected by anxiety disorders. Analysis of a testimonial video by people suffering from anxiety disorders. Application of the AERER method based on a case of anxiety disorders.

### 4 Identifying and supporting psychotic disorders

- Identifying the signs and symptoms of psychotic disorders
- Communicating the different types of intervention available for schizophrenia
- Helping a person suffering from schizophrenia (without crisis)
- Helping a person in a severe psychotic crisis

#### Hands-on work

Discussion around a work of art created by a person affected by psychotic disorders. Quiz on the myths and realities of psychotic disorders. Analysis of a testimonial video by people suffering from psychotic disorders. Application of the AERER method based on a case of psychotic disorders.

## 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](mailto:psh-accueil@orsys.fr) to review your request and its feasibility.

## 5 Identifying and supporting substance use disorders

- Identify signs and symptoms of substance use disorders
- Communicate on the different types of intervention available in cases of substance use
- Helping someone with a substance use disorder (non-crisis)
- Help a person in an aggressive crisis or medical emergency

### Hands-on work

Discussion of an introductory video on substance use. Exercise in sub-groups to reflect on the weekly consumption of French people. Appropriation of the AERER method based on analysis of a video on substance use.