

Mental Health First Aid Course

About Mental Health First Aid

The so-called Mental Health First Aid (MHFA) is a global program developed along the successful lines of physical first aid, but aimed at mental health first aid. The course wants to enable lay people to recognize and address mental health crisis or problems in people in their environment, e.g. colleagues, in good time, to encourage them to seek professional help and activate further resources.

By organizing this course, we, the KIT ATMO Talent Management working group, want to take preventive action and train people so that they can help other colleagues to help themselves, with the goal to break down inhibitions and raise awareness of mental health issues.

The MHFA program was developed in Australia in 2000. By 2020, nearly 4 million people worldwide have received mental health first aid training through MHFA. In Germany, licensed courses are provided by the ZI Mannheim. For more information see <https://mhfainternational.org> and <https://www.mhfa-ersthelfer.de/de>.

Course contents

The 6-module course provides basic knowledge about mental disorders, such as depression, anxiety disorders, panic attacks and dependency disorders in order that „first aiders“ are able to recognize mental crises or deterioration of mental health among colleagues and address them. They learn how to inform and encourage those affected to seek professional help and activate further resources. Subsequently, concrete first aid measures for

emerging mental problems and acute mental crises are learned and consolidated through exercises, appropriate action plans are practically tested and practiced using case studies, role plays and other exercises.

Who can attend

A maximum of 15 people can attend. The course is targeted towards **early-career researchers, i.e. PhD students and postdocs**. Remaining places are available to senior researchers, admin staff etc. The course is not for people currently in crisis themselves.

Format and duration

The course is held in **English** and **online, with 6 modules of 2 hours each over 8 weeks**.

Participants have to make sure to attend all 6 modules:

Tue, 17.01.23 3-5pm	We, 01.03.23 3-5pm
Tue, 31.01.23 3-5pm	Tue, 07.03.23 3-5pm
Tue, 14.02.23 3-5pm	
Tue, 21.02.23 3-5pm	

Registration and costs

For a binding registration please send a short email to Elija Bleher (elija.bleher@kit.edu) **latest by October 20, 2022**. PhD students and postdocs, please send the email in cc to your advisor in order that they are informed. The 15 places are assigned on a first-come, first-served basis. The course is an initiative of the KIT ATMO Talent Management working group and costs are covered by the ATMOchange program.

