



Lancaster &
Morecambe
College

Mental Health First Aid Training

6 March 2024

Full day course • 9am to 4pm

This full day course is aimed at those wishing to learn more about how to deal with Mental Health First Aid Training.

What's covered

- Mental health and stress in the workplace
- Depression
- Anxiety disorders
- Other mental health issues (eating disorders, self-harm, psychosis)
- Alcohol, drugs and mental health
- Applying the MHFA action plan: ALGEE
- Suicide
- Recovery
- Building a mentally healthy workplace
- Action planning



For further information contact

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