



AN INTRODUCTION TO MENTAL HEALTH FIRST AID

In-house course: An Introduction to Mental Health First Aid

Equipment/Facilities: iLearn module + Virtual Classroom

Certification: OSM

SCOPE & PURPOSE

Although psychological problems are very common among seafarers, the mental health of seafarers has just recently started to receive the attention it deserves.

Participants will be able to learn to provide psychological first aid to people experiencing mental health crisis.

This course provides perspectives on injuries and trauma that are beyond those physical in nature, e.g., dealing with the psychological aftermath of accidents, suicide, or community violence.

LEARNING OBJECTIVES

Participants will be able to increase their abilities to:

- Discuss key concepts related to psychological first aid
- Listen reflectively
- Differentiate benign, non-incapacitating psychological/ behavioral crisis reactions from more severe, potentially incapacitating, crisis reactions
- Prioritize psychological/ behavioral crisis reactions
- Mitigate acute distress and dysfunction, as appropriate
- Recognize when to facilitate access to further mental health support
- Practice self-care

Entry Standards

- Open to all OSM seafarers

COURSE DURATION (*Training hours indicated do not include offline activities/ or exercises*)

iLearn: 1.0 hour

Virtual Class: 1.5 hours