



WHAT IS MENTAL HEALTH?

Emotional, psychological, and social wellbeing. It affects how we think, feel, act, relate to others and handle stress

WHO HAS MENTAL HEALTH?

Everyone has mental health, which exists on a spectrum and changes over time depending on experiences, circumstances, and support.

WHAT IS MENTAL ILLNESS?

Clinically recognised condition significantly affecting thinking, mood, behaviour, and functioning and may require treatment, support, or professional intervention

FIRST AID FOR MENTAL HEALTH

The first and immediate support given to someone experiencing or developing a mental health condition or crisis until professional help is received or the crisis resolves

ROLE OF A FIRST AIDER

Recognise mental ill health. Start supportive conversations. Listen non-judgementally. Assess risk of self-harm or suicide. Signpost to professional support

MENTAL HEALTH IN THE WORKPLACE

Workplace wellbeing is influenced by workload, culture, support systems, and environment. It shapes overall wellbeing

STRESS

Stress is the body's emotional and physical response to pressure or perceived threat. Short-term stress can be helpful, but prolonged or excessive stress can affect health.

FIRST AID FOR MENTAL HEALTH PRE-COURSE REVISION GUIDE



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DEPRESSION

Persistent low mood and loss of interest lasting weeks or months affecting energy, sleep, concentration, self-worth, and daily functioning across work and relationships.

EATING DISORDERS

These involve disturbed eating behaviours and fixations on food or body image that harm physical and mental wellbeing, with recognised forms such as bulimia

SELF-HARM

Recognised as deliberate injury to oneself used by some to cope with overwhelming emotions

ANXIETY

Excessive, persistent worry or fear accompanied by physical symptoms, interfering with concentration, decision-making, sleep, and effective everyday functioning

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SUICIDE

Suicide refers to intentionally ending one's life. Suicidal ideation involves thoughts, considerations, or planning about ending one's life

PSYCHOSIS

Can involve experiences like hallucinations, altered reality, disorganised thinking, unusual beliefs, often requiring professional support

DRUGS AND ALCOHOL

Substance use (including alcohol/drugs) involves harmful use and dependence which can negatively affect psychological and physical health and social functioning



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