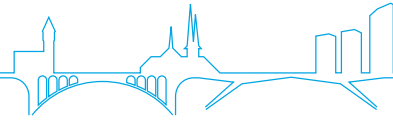




# Mental Health First Aid

A certifying training



**In collaboration with the Anti-suicide League, the ASTF is now offering a training for the care of people in mental distress. This 12 hours' training is mainly designed for HR teams representatives as well as any other stakeholder who might be confronted to the handling of a psychological suffering situation (managers, designated workers, staff delegates).**

Content wise, this training covers :

- the definition of psychological distress;
- its different pathologies: burn out, depression, suicidal ideas, suicide attempts and suicides, neuroses, anxiety disorders, panic attacks, eating disorders, psychoses (manic-depression, schizophrenia etc), addictions;
- the work-place approach;
- an action plan tailored to each situation;
- active listening;
- emotional management (both for the person in distress and the facilitator);
- the offer of professional help;
- the access to support within the company, as well as in the family context.

**It is neither a diagnostic nor a therapeutic tool, but a pragmatic resource to help deal with the above-listed situations and to best lead the person towards professional assistance as soon as possible.**

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[www.astf.lu](http://www.astf.lu)

This concept originated in 2000 in Australia (<https://mhfa.com.au>) and was exported in 23 countries since then. This will hence be a certifying training, just as the first-aid training currently is.

By the termination of the training, each participant will receive a manual in French or German (also available in English upon order) including the content of the training as well as a list of the different aid structures available in the country and its greater region, and a list of books on the subject.

The training registration fee is €2700 to which €54 per participant will be added for the purchase of the handbook. The course may be delivered online or in person, should the sanitary regulations allow it.

The overall session will be completed upon a 12-hours' attendance, that may be split over several days, to ease the company's business continuance.

**A minimum of 10 hours' participation is compulsory to obtain the certification.**

**For further information, please do not hesitate to contact:**

**[accueil@astf.lu](mailto:accueil@astf.lu)**

**alternatively, you may liaise with the occupational health physician  
in charge of your company.**

