



# MHF - ASAP!

## MENTAL HEALTH FACILITATOR



### MENTAL HEALTH AWARENESS, SUPPORT & REFERRAL (ADULTS)

| Date | Prepared for            | Presented by               | Year    |
|------|-------------------------|----------------------------|---------|
| TBC  | In-person Hybrid/Online | Dr Salih<br>Sarah Williams | 2025/26 |



By: World Health Organisation & National Board of Certified Counselors (USA)

MHF is Intended to create awareness, educate community members to increase interpersonal communication skills and knowledge about mental health care.

Individuals with MHF training complement existing resources in a community by helping anyone who appears to have a mental health-related problem.

They can also use their knowledge of community resources for referral purposes, to advocate for others, and to fight stigma.

# PROGRAM OVERVIEW

## Curriculum

### EVIDENCED & ACCREDITED

The MHF curriculum includes but is not limited to;

- **Helping & Communication skills**
- **Mental Health & Suicide Awareness**
- **Violence, Trauma & Child Maltreatment**
- **Diversity & Cultural Awareness**
- **Referral & Consultation skills.**

The MHF program is practical, accessible & engaging. It provides foundational mental health responder skills & education to people across all sectors. **BI-LINGUAL (English & Arabic).**

Taught over 16 hours, using skill practice, role play & interactive activities.

***TIMINGS CAN BE ADJUSTED TO 1/2 DAY SESSIONS, ONLINE, HYBRID OR IN-PERSON***



## Key Benefits

- ✓ Improved mental health awareness & understanding.
- ✓ Enhanced skill & confidence to respond and support.
- ✓ Understanding of risk and appropriate referral making.



# MHF - ASAP!

## EDUCATOR'S EDITION



### MENTAL HEALTH AWARENESS, SUPPORT & REFERRAL (EDUCATORS)

**Date**

**Prepared for**

**Presented by**

**Year**

TBC

In-person  
Hybrid/Online

Dr Salih  
Sarah Williams

2025/26



By: World Health Organisation & National Board of Certified Counselors (USA)

Intended to create awareness, educate community members to increase interpersonal communication skills and knowledge about mental health care.

Individuals with MHF training complement existing resources in a community by helping anyone who appears to have a mental health-related problem.

**This Curriculum is similar to MHF ASAP! yet is designed with the unique needs of educators and school staff in mind.**

# PROGRAM OVERVIEW

## Program Goals

### EVIDENCED & ACCREDITED

The MHF curriculum includes but is not limited to;

- **Helping & Communication skills**
- **Mental Health & Suicide Awareness**
- **Violence, Trauma & Child Maltreatment**
- **Diversity & Cultural Awareness**
- **Referral & Consultation skills.**

The MHF educator's edition contains the MHF core themes however has a greater emphasis on the needs of young people.

### BI-LINGUAL (English & Arabic).

Taught over 16 hours, using skill practice, role play & interactive activities.

**TIMINGS CAN BE ADJUSTED TO 1/2 DAY SESSIONS, ONLINE, HYBRID OR IN-PERSON**



## Key Benefits

- ✓ Improved mental health awareness & understanding.
- ✓ Enhanced skill & confidence to respond to & support students, families & colleagues.
- ✓ Understanding of risk and appropriate referral making.



# **SFA- *LITE***

## **SUICIDE FIRST AID LITE**



### **SUICIDE FIRST AID AWARENESS: LITE INTRODUCTION**

| Date | Prepared for            | Presented by               | Year          |
|------|-------------------------|----------------------------|---------------|
| TBC  | In-person Hybrid/Online | Dr Salih<br>Sarah Williams | 2025/2<br>026 |



By: National Center for Suicide  
Prevention Education & Training (UK) &  
City & Guilds (UK)

Sarah Williams, our Training & Development Director is the UAE regional representative for the International Association for Suicide Prevention (IASP) working passionately in the field of prevention. This learning is for anyone seeking greater understanding and confidence to intervene with those who may be at risk of suicide.

The course gives learners the knowledge and tools to understand that suicide is one of the most preventable causes of death. It provides participants with basic skills to recognise and help someone with thoughts of suicide to stay safe.

# PROGRAM OVERVIEW

## Curriculum

### EVIDENCED & ACCREDITED

The SFA LITE curriculum includes;

- **Recognising early warning signs of suicide.**
- **Initiating a supportive conversation.**
- **Encouraging access to professional support or self-help strategies.**
- **Escalating the situation to emergency services if necessary.**

The SFA Lite program provides foundational understanding awareness & skills building.

**BI-LINGUAL (English & Arabic).**

Taught over 4 hours, using skill practice, role play & interactive activities.

**DELIVERED ONLINE, HYBRID OR IN-PERSON**



## Key Benefits

- ✓ Improved Suicide awareness.
- ✓ Confidence to respond and signpost.
- ✓ First step in Suicide Prevention skill for intervention.



# **SFA- *USI***

## **UNDERSTANDING SUICIDE INTERVENTION**



## **SUICIDE AWARENESS, INTERVENTION & SAFETY PLANNING**

| Date | Prepared for            | Presented by               | Year    |
|------|-------------------------|----------------------------|---------|
| TBC  | In-person Hybrid/Online | Dr Salih<br>Sarah Williams | 2025/26 |



By: National Center for Suicide  
Prevention Education & Training (UK) &  
City & Guilds (UK)

The Suicide First Aid through Understanding Suicide Intervention (USI) course gives learners the knowledge and tools to understand that suicide is one of the most preventable causes of death.

It covers some of the causes of suicidal thinking and how someone can move from thoughts of suicide to taking action and how to intervene at each step.

The training provides more advanced skills that can help someone with thoughts of suicide stay safe and stay alive while they access additional help in the community through referral to appropriate agencies.

# PROGRAM OVERVIEW

## Curriculum

### EVIDENCED & ACCREDITED

The **USI** curriculum includes but is not limited to;

- **Suicide thoughts and suicide behaviour.**
- **Population-based approach to prevention.**
- **Suicide-Safety Guide.**
- **The risk assessment approach.**
- **Suicide-safety and self-care.**

The **SFA USI** program is practical, accessible & engaging. It provides foundational suicide responder assessment & support skills training to people across all sectors. **BI-LINGUAL (English & Arabic).**

Taught over 8 hours, using skill practice, role play & interactive activities.

**TIMINGS CAN BE ADJUSTED TO 1/2 DAY SESSIONS, ONLINE, HYBRID OR IN-PERSON**



## Key Benefits

- ✓ Improved suicide awareness & understanding of causes.
- ✓ Enhanced skill & confidence to respond, support & refer.
- ✓ Understanding of risk, safety planning & follow-up.





# WELLBEING AMBASSADORS



## ORGANISATION & COMMUNITY WELLBEING AMBASSADORS

| Date | Prepared for            | Presented by               | Year    |
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## Wellbeing Ambassadors

Wellbeing Ambassadors are passionate, motivated advocates for mental health & wellbeing in communities or organisations.

They are trained to support those around them and are also able to signpost and refer when extra help is needed. They are key points of contact for community connection & engagement.

### PROGRAM OVERVIEW

#### MHF ASAP!

##### EVIDENCED & ACCREDITED

The **MHF** curriculum includes but is not limited to;

- **Helping & Communication skills**
- **Mental Health & Suicide Awareness**
- **Violence, Trauma & Child Maltreatment**
- **Diversity & Cultural Awareness**
- **Referral & Consultation skills.**

**BI-LINGUAL** (English & Arabic).

Taught over 16 hours, using skill practice, group discussion & interactive activities.

**TIMINGS CAN BE ADJUSTED TO 1/2 DAY SESSIONS, ONLINE, HYBRID OR IN-PERSON**

#### SFA USI

##### EVIDENCED & ACCREDITED

The **SFA** curriculum includes but is not limited to;

- **Suicide thoughts and suicide behaviour.**
- **Population-based approach to prevention.**
- **Suicide-Safety Guide.**
- **The risk assessment approach.**
- **Suicide-safety and self-care.**

**BI-LINGUAL** (English & Arabic).

Taught over 8 hours, using skill practice, group discussion & interactive activities.

**TIMINGS CAN BE ADJUSTED TO 1/2 DAY SESSIONS, ONLINE, HYBRID OR IN-PERSON**

## Self-Care & Connections

##### Self-Care

- **Regaining & managing life balance.**
- **Coping with strong emotions.**
- **We CAN thrive personal planning session.**

**TIMINGS CAN BE ADJUSTED IN LINE WITH REQUIREMENTS**

##### Connections

- **Referral & Consultation skills refreshers.**
- **Monthly online meet-ups.**
- **Access to We CAN webinars & Meet-ups.**

**TIMINGS CAN BE ADJUSTED IN LINE WITH REQUIREMENTS**





# PROGRAM DEVELOPMENT



## PROGRAM DEVELOPMENT & CONSULTANCY

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**We-CAN partners with organisations across the UAE to enhance and develop workplace wellbeing and mental health strategies and training provision.**

**We can help you to identify any areas for potential growth and improvement, support the implementation of a Wellbeing Ambassador program or similar initiative, and support organisational strategies that aim to foster more supportive and inclusive workplace cultures.**

# PROGRAM DEVELOPMENT

## Consultancy

**We CAN develop.**

The We CAN consultancy can include;

- **Capacity building in organisations.**
- **Wellbeing Ambassador implementation.**
- **Consulting on organisational wellbeing strategies.**
- **Supporting needs assessment for training & upskilling of staff in mental health.**

Our program development & consultancy is done through collaboration with groups and organisations. We use evidence-based approaches so rest assured working with us will have clear objectives and measurables that align with your needs.

**BI-LINGUAL (English & Arabic).**

**ONLINE, HYBRID OR IN-PERSON**



## Collaborative approach

- ✔ Listening event with leaders.
- ✔ Listening event with staff team.
- ✔ Initiative & implementation strategy development.