

MHF - ASAP!

MENTAL HEALTH FACILITATOR



MENTAL HEALTH AWARENESS, SUPPORT & REFERRAL (ADULTS)

<u>Date</u>	<u>Prepared for</u>	<u>Presented by</u>	<u>Year</u>
TBC	In-person Hybrid/Online	Dr Salih Sarah Williams	2025/ 2026



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.

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

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 DELIVERY (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 take-aways

- ✓ 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/
2026



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 designed for the unique needs of educators and school staff.

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 DELIVERY (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 take-aways

- ✓ 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 Sarah Williams	2025/2 026



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 deaths and some basic skills can help someone with thoughts of suicide stay safe from their thoughts and stay alive.

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 DELIVERY (English & Arabic).

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

Delivery available: **ONLINE, HYBRID OR IN-PERSON**



Key take-aways

- ✓ 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
Sarah Williams

2025/2
026



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 basic skills that can help someone with thoughts of suicide stay safe and stay alive while they access additional support 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
Delivery available: **ONLINE, HYBRID OR IN-PERSON**



Key take-aways

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



**Wellbeing
Community
Action
Network**

WELLBEING AMBASSADORS



ORGANISATION & COMMUNITY WELLBEING AMBASSADORS

<u>Date</u>	<u>Prepared for</u>	<u>Presented by</u>	<u>Year</u>
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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



**Wellbeing
Community
Action
Network**

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 grow.

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).

AVAILABLE: ONLINE, HYBRID OR IN-PERSON



Collaborative approach

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