



# MUSIC INDUSTRY MENTAL HEALTH FIRST AID TRAINING AND COACHING *by Stephen Daltrey*

- I will train you to understand the unique pressures of working in the music industry and break down the stigma of mental ill health
- You will learn to spot the signs and symptoms of mental ill health and how to provide help
- You will learn how to empower yourself and others affected by mental ill health to access the support they need for recovery
- You will qualify for a certificate in Mental Health First Aid



# BENEFITS OF MENTAL HEALTH FIRST AID

You and I know that working in music is a stimulating path but it can be challenging, stressful and anxiety provoking. The highs can be high but the lows can be low, with depression, substance abuse and even suicide being common themes.

As an artist or music industry organisation, you can now gain the skills to notice if either you or someone else is heading towards or in crisis and learn how to respond appropriately.

I am a qualified Mental Health First Aid England (MFHA) instructor and have worked extensively with artists, artist managers and label executives on mental wellbeing. MHFA England are the only provider of licenced mental Health First Aid Instructor Training in England that is also accredited by the Royal Society for Public Health.

## ARTIST MANAGERS AND MUSIC INDUSTRY ORGANISATIONS

- Have Mental Health First Aiders available to support your artists' mental wellbeing
- Understand your duty of care to the artists you work with
- Know how to spot the signs of distress and what to do next
- Be able to support artists and colleagues experiencing a mental health issue
- Create a healthier environment for your artists, your colleagues and staff, with improved morale and commitment
- Ensure compliance with legislation by understanding the law relating to duty of care to your employees
- Benefit from increased staff engagement, reduced absenteeism and increased performance

## ARTISTS

- Understand how to spot mental health issues in yourself and others and intervene early
- Gain confidence through having mechanisms in place to support yourself and others
- Know how best to communicate your concerns and both ask for and give support
- Strengthen your mental wellbeing and performance
- Help safeguard the longevity of your career

# WHAT IS MENTAL HEALTH FIRST AID?

Mental Health First Aid (MHFA) is an internationally recognised training course which teaches people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis.



## 2 DAY MENTAL HEALTH FIRST AID CERTIFICATE

- I teach through a mix of group activities, presentations and discussions
- You will learn practical skills to spot the triggers and signs of mental health issues in yourself and others.
- You will develop the confidence to step in, reassure and support a person in distress
- You will learn enhanced interpersonal skills such as non-judgemental listening and the knowledge to help someone recover their health by guiding them to appropriate support
- All who complete the course receive a certificate as qualified Mental Health First Aiders

## COURSE STRUCTURE

### + SESSION 1

- Why Mental Health First Aid?
- The Mental Health First Aid action plan
- What is mental health?
- Impact of mental health issues
- Stigma and discrimination
- What is depression?
- Symptoms of depression
- Risk factors for depression
- Depression in the workplace

### + SESSION 2

- Suicide figures
- Alcohol, drugs and mental health
- First aid for suicidal crisis
- Non-judgemental listening skills
- First aid for depression
- Treatment and resources for depression
- Self-care

### + SESSION 3

- What is an anxiety disorder?
- First aid for anxiety disorders
- Crisis first aid after a traumatic event
- Alcohol, drugs and anxiety disorders
- Treatment and resources for anxiety disorders
- Self-harm
- Cognitive distortions and CBT
- Personality disorders
- Eating disorders

### + SESSION 4

- What is psychosis?
- Risk factors for psychosis
- Alcohol, drugs and psychosis
- Schizophrenia
- Bipolar disorder
- Warning signs of developing psychosis
- Crisis first aid for acute psychosis
- Treatment and resources for psychosis
- Recovery and building resources
- Action planning for using MHFA

# TAKE POSITIVE ACTION ON MENTAL HEALTH FOR YOU, YOUR ARTISTS AND STAFF

## BOOK YOUR COURSE NOW

- Regular open courses for individuals or small groups
- In-house training for organisations - up to 16 per two day course

### EXPERT TRAINING DELIVERY

All training is delivered personally by me.

- Qualified MHFA England Instructor accredited by the Royal Society for Public Health (RSPH)
- 30 years' experience in counselling, psychotherapy and coaching
- Experienced in coaching global performing artists, high profile managers, senior international record label executives, music PR and over 100 organisations around the world
- FAC Advisor, Music Managers' Forum Associate, Help Musicians UK Trustee



### ADDITIONAL TRAINING AND SUPPORT

- 1:1 mental wellbeing and performance coaching
- Bespoke training, coaching and consultancy to meet your specific need
- 2-3 hour interactive music artist mental health awareness **MASTERCLASS**

### Fees for the 2 Day MHFA Certificate Training:

- RRP £300.00 + VAT per delegate.  
This is reduced by 50% for my mailing list members to £150.00, £200.00 for non-members.
- In-house training for organisations - Flexible fee structure dependant on the number of delegates

### Your fee includes:

- Attendance on the 2 day programme and 16 hours tuition (online or face to face)
- Comprehensive 275 page manual to refer to whenever needed
- 35 page workbook with activities and case studies
- Certificate and badge certifying that you are a qualified Mental Health First Aider
- On-going support from me whenever you need it

### CONTACT ME NOW TO BOOK YOUR PLACE, OR FOR MORE INFORMATION:

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Contact Stephen direct on 07768 98 3030

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