

## First Aid for Mental Health

One Day (6 Hour) Course



In- House



### Overview

Our one day course qualifies you as a First Aider for Mental Health, giving you:

- A thorough understanding of mental health and mental illness
- How to provide advice and support for a person presenting a mental health condition
- How to recognise a range of mental health conditions
- The first aid for mental health action plan and how to utilise it
- How to implement a positive mental health culture in the workplace

### Cost

We value this course at £700 per group

### Format

- One day practical course
- To ensure that all learners can receive the right amount of support and contact time from their trainer, we limit numbers to 16 people per course

## Takeaways:

Everyone who completes the course gets:

- A certificate to say that you hold an FAA First Aid for Mental Health (RQF Level 2)
- A manual to refer to whenever you need it

## Course content

- What is first aid for mental health
- Identifying mental health conditions
- Providing advice and starting a conversation
- Stress
- Mental health conditions
- Drugs and alcohol
- First aid action plan for mental health
- Mental health in the workplace

## Availability

In-House courses are available at your workplace across the UK

The course takes place on a date and time of your choosing

## Assessment

You will be continuously assessed by your instructor throughout the course, and there is a multiple choice question paper at the end of the day

## Duration

This is a 1 day course

(6 hours including breaks)

## Certification

On completion of the course you will receive an FAA First Aid for Mental Health (RQF Level 2)

Certificate valid for 3 years

To book a course or for more information, call us today on  
**0300 3020 999** or visit [www.tigerlilytraining.co.uk](http://www.tigerlilytraining.co.uk)