

Supervising First Aid for Mental Health

Two Day (12 Hour) Course



Training Centre



Overview

Our Supervising First Aid for Mental Health course offers 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
- The impact of substance abuse on mental health
- How to implement a positive mental health culture in the workplace
- Understanding a range of mental health disorders and the support / therapy provided by healthcare professionals

Format

- Two day practical course
- The course is built around the first aid for mental health action plan
- 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 Supervising First Aid for Mental Health (RQF Level 3)
- A manual to refer to whenever you need it

Course content

Part 1:

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

Part 2:

- Post-traumatic stress disorder
- Self-harm
- Suicide
- Eating disorders
- Personality disorders
- Bipolar disorder
- Psychosis
- Schizophrenia

Availability

This course is available at our Training Centres across the UK. Courses usually run from 10.00-17.15

Duration

This is a 2 day course

(12 hours including breaks)

Assessment

You will be continuously assessed by your instructor throughout the course, and there will be a written assessment on each day

Certification

On completion of the course you will receive an FAA Level 3 Award in Supervising First Aid for Mental Health (Level 3 RQF)

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