

Supervising First Aid for Mental Health

Two Day (12 Hour) Course



12 Hrs



Training Centre



Overview

Our Supervising First Aid for Mental Health course teaches 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**
- An understanding of a range of mental health disorders and the **support / therapy** provided by healthcare professionals

Cost

£185 per person (No VAT)

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 receives:

- 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 & starting a conversation
- Stress
- Drugs & 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

Learners will be **continuously assessed** by our instructor throughout the course, and there will be a **written assessment** on each day

Certification

On completion of the course learners 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**