



6 HRS

CLASSROOM BASED

IN-HOUSE

First Aid For Mental Health

This one-day First Aid for Mental Health course provides essential knowledge and skills to help you support mental well-being in the workplace. Over the course of 6 hours, participants will learn to identify signs of mental health conditions and offer practical advice and support, while understanding their limits as non-medical professionals.

Who Should Attend?

This course is ideal for anyone looking to enhance their awareness of mental health and offer support to colleagues or peers. Whether you're a manager, team leader, or a concerned co-worker, this course will equip you to start supportive conversations and direct individuals to the right professional resources. Please note, this course does not train learners to diagnose or treat mental health conditions.

Key Course Features

- Duration: 6 hours
- Location: Classroom-based learning
- Group Size: Limited for interactive, focused learning

Topics Covered

- Understanding mental health and the role of a First Aider for mental health
- How to offer advice and practical support to someone in distress
- Recognising and managing stress
- Identifying common mental health conditions such as depression, anxiety, psychosis, eating disorders, self-harm, and suicide
- The impact of substance abuse on mental health
- Creating a positive mental health culture in the workplace
- First Aid action plan for mental health

Learning Outcomes

By the end of this course, participants will be able to:

- Recognise when someone may be struggling with their mental health
- Provide initial support and guidance
- Understand when and how to refer someone to professional help
- Promote a healthier workplace environment with a focus on mental well-being

Assessment and Certification

- Continuous assessment through case studies, discussions, and group activities
- No formal examination
- Participants need a good understanding of spoken and written English

Course Requirements

- Learners must be comfortable participating in group activities
- If you have concerns about language requirements, please contact us in advance

Learning Environment

- Classroom-based, interactive sessions with case studies and role-play
- Taught by experienced tutors in a supportive environment

For further details or to book your place please call us on 01794 330925 or email info@carlinltd.co.uk

Speak with our Learning and Development Director today to design a bespoke training solution that perfectly aligns with your organisation's goals and industry.