



## Course Details

### **Awareness of First Aid for Mental Health (Level 1)**

Duration: **4 hours**

Formats: **Face-to-face**

Learn how to recognise a range of mental health conditions and how you can support someone who is struggling.

#### **Who is it for?**

This course is particularly suitable for those who want to:

- gain a basic understanding of mental health issues
- be able to recognise and manage stress
- know how to refer on to professional help

#### **What does it include?**

A range of First Aid for Mental Health related subjects are covered including:

- What is First Aid for Mental Health?
- Identifying mental health conditions
- Providing advice and starting a conversation
- Stress and how to manage it
- Awareness of mental health conditions
- Assessment

This RQF qualification is assessed through a multiple choice test paper. Candidates who pass the assessment will earn a Level 1 Award in Awareness of First Aid for Mental Health. It is delivered by Jess Davis Training and Awarded by First Aid Awards, one of the UK's largest First Aid and First Aid for Mental Health Awarding Organisations.

#### **How long is it?**

The course runs for 4 hours - candidates must attend the full 4 hours and successfully complete all assessments to earn their award.



## How is it delivered?

**Face-to-face** delivery in a single 4-hour block, at a time to suit you. We are happy to come and deliver the training at your premises. Alternatively you can join us at our training hub based in Bedfordshire or we can arrange to deliver the session virtually over Microsoft Teams.