



## **First Aid for Mental Health (Level 2)**

Duration: **1 day**

Formats: **Face-to-face**

This 1-Day course covers the content of the Level 1 course but also expands on the effects of drugs and alcohol, incorporates the First Aid for Mental Health Action Plan and covers ways in which a positive mental health culture can be supported within a workplace.

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

This course is particularly suitable for those who want to:

- gain a deeper understanding of mental health issues
- be able to help build a positive mental health culture
- be a point of contact for positive mental health within your organisation
- gain an understanding of the effects of drugs and alcohol on mental health.

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

- Defining mental health
- Understanding the stigma around mental health
- Identifying factors that impact mental health
- Understanding the role of first aider for mental health
- Outline advice that should be provided to a person suffering from a suspected mental health condition
- Know when to contact the emergency services in respect of first aid for mental health
- Identify signs of stress
- Be able to state how stress can be managed
- Identify signs and symptoms for depression, anxiety, psychosis, eating disorders, suicide & self-harm
- State the potential effects of alcohol and drug abuse on a person's mental health
- Demonstrate the application of the first aid action plan for mental health
- Providing a positive mental health culture in the workplace and know how to implement it.

### **Assessment**

This RQF qualification is assessed through a multiple choice test paper and practical demonstration of the first aid for mental health action plan.



Candidates who pass the assessment will earn a Level 2 Award in First Aid for Mental Health.

The course 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 is it delivered?**

Face-to-face on your premises, or at our training hub based in Bedfordshire.