



## **Supervising First Aid for Mental Health (Level 3)**

Duration: **2 days**

Formats: **Face-to-face**

This 2-Day course goes into detail on a wide range of mental health conditions and the support and help provided by healthcare professionals. It covers the content of both the Level 1 and Level 2 qualifications but is aimed at Trainer/Assessors and/or supervisor level within the workplace.

### **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 of depression, anxiety, psychosis, eating disorders, suicide, self-harm, PTSD, Personality disorders, bipolar, schizophrenia
- 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
- Understand therapies and support provided by healthcare professionals for the above conditions

### **Assessment**

This RQF qualification is assessed by the instructor throughout the two days, as well as through multiple choice test papers.

Candidates who pass the assessment will earn a Level 3 Award in Supervising 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 long is it?**

This course runs for 2 days. All candidates must attend the full course and successfully complete all assessments in order to achieve their award.

### **How is it delivered?**

Face-to-face delivery over two days, at a time and location 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 sessions virtually over Microsoft Teams.