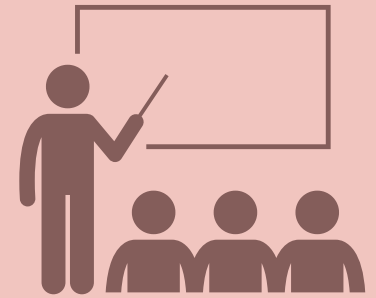




Safe Start Training

Awareness of First Aid for Mental Health

Suitable for everyone



LEVEL 1

This course is suitable for everyone within a workplace as it provides learners with the knowledge to identify suspected mental health conditions as well as the skills to start a conversation and be able to signpost a person towards professional help

Course The minimum classroom contact time of 4 hours should be delivered
Duration over a minimum of half a day. The course can be spread over a
maximum of 2 weeks, ensuring that each session is a minimum of two
hours.



Entry Requirements



Age restrictions Learners must be a minimum of 14 years of age upon course commencement.

Course Syllabus

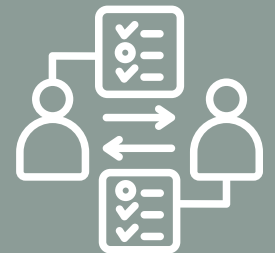


A range of First Aid for Mental Health related subjects are covered including:

- What is First Aid for Mental Health?
- Identifying mental health conditions
- Providing advice and starting a conversation
- Stress
- Mental health conditions

Assessment

A range of methods are used, including practical and questioning (open and multiple-choice).



Certification



A Level 1 Award in the Awareness of First Aid for Mental Health will be issued to the learner, subject to successful assessment. The qualification does not have an expiry date, but refresher training and keeping up to date with changes to policies, procedures and new legislation through ongoing CPD is vital.

It is recommended and annual refresher course is completed

Pricing



Online distance learning classes accommodate a maximum of 16 delegates. To enable to achieve maximum learning there is a minimum class size of 4 delegates.

£35.00 per delegate for up to 6 delegates

£25.00 per delegate from 7 to 12 delegates

£20.00 per delegate from 12 to 16 delegates

Further reduced rates can be arranged for larger groups over multiple sessions

PRICES ARE INCLUSIVE OF PERSONALISED LEARNING LEARNING RESOURCES (E-BOOK WITH YOUR LOGO) AND PERSONALISED OFQUAL ACCREDITED CERTIFICATES (WITH YOUR LOGO)

in Association with



FIRST AID AWARDS LTD

and

