



Safe Start Training

Distance Learning

*First Aid for Mental Health
Suitable for MH first aiders*



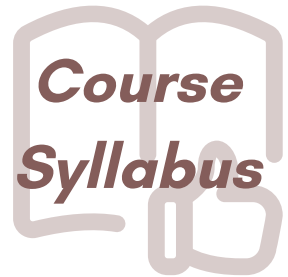
LEVEL 2

This course will provide you with the knowledge to identify suspected mental health conditions and the skills to start a conversation surrounding mental health. You will also learn about the first aid action plan for mental health and know how to implement a positive mental health culture in the workplace.

- **Study the course via distance learning**
- **A combination of self-study and webinars**
- **Guided by a qualified Trainer/Assessor**
 - **Distance learning resources included**
 - **Assessed via a professional discussion**
- **Ofqual or SQA Accreditation regulated qualification (SUBJECT TO ASSESSMENT)**



The qualification has 3 assigned guided learning hours (GLH) and 7 hours total qualification time (TQT). GLH indicates the number of contact hours that the learner will have with the Trainer/Assessor. TQT includes GLH but considers unsupervised learning and is an estimate of how long the average learner will take to achieve the qualification. It is beneficial for the learner to undertake additional independent learning for example, by doing research on the internet.

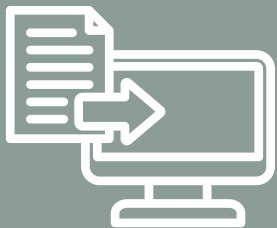


A range of First Aid for Mental Health related subjects are covered including:

- **Mental Health Conditions**
- **Drugs and alcohol**
- **First Aid for Mental Health action plan**
- **Stress**
- **First Aid for Mental Health in the workplace**
- **What is First Aid for Mental Health?**
- **Identifying mental health conditions**
- **Providing advice and starting a conversation**

Entry

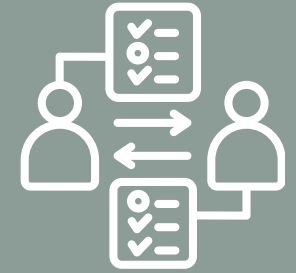
Requirements



This qualification is available to learners aged 14 years or over. Learners must have the literacy skills to be able to read and self-learn the reference manual and additional resources.

In addition, the learner will need access to a computer with a reasonable internet connection in order to access the distance learning resources and communicate with the Trainer/Assessor

Assessment



The qualification is assessed by a professional discussion with the Trainer/Assessor and evidenced by a recorded video call. The learner has a maximum of 30 minutes to complete the assessment. There is no grading of the assessment; learners pass or are referred.

Certification



An Award in First Aid for Mental Health will be issued to the learner, subject to successful assessment. This qualification is valid for three years from the date of achievement. The learner will need to complete the full course again to requalify for a further three years



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.

£60.00 per delegate for up to 6 delegates

£50.00 per delegate from 7 to 12 delegates

£40.00 per delegate from 13 to 16 delegates

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

PRICES ARE INCLUSIVE OF PERSONALISED LEARNING RESOURCES (E-BOOK WITH YOUR LOGO) AND PERSONALISED OFQUAL ACCREDITED CERTIFICATES (WITH YOUR LOGO). MH FIRST AIDER PIN BADGE AND EMAIL LOGO INCLUDED

In association with

