



Safe Start Training

Distance Learning

*First Aid for Mental Health
Annual Refresher*



This course has been designed for First Aiders for Mental Health to refresh their skills and knowledge and to stay up to date with current events. The course covers key topics from the regulated First Aid for Mental Health qualifications, including the signs and symptoms of mental health conditions, how to develop a first aid action plan for mental health and ways in which people can improve their general wellbeing.

This is a non-regulated annual refresher course recapping the skills and knowledge learners have gained from their regulated First Aid for Mental Health qualifications. This course is highly recommended for those who have completed the L2 and L3 courses

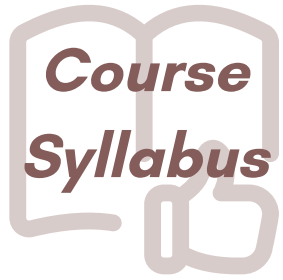
Course

Duration

A 3-hour theory-based training course



A range of subjects are covered including:



- **What is first aid for mental health?**
- **Stress**
- **Mental health conditions**
- **First aid action plan for mental health**
- **Current external factors affecting mental health**
- **Wellbeing**

Entry

Requirements

Learners must be a minimum of 14 years of age to attend the course.



Although there is no formal assessment, the trainer will assess each individual ongoing throughout the course and issue a certificate of attendance.

Assessment



Certification

A certificate of attendance will be issued on completion of the refresher course.

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.



£20.00 per delegate for up to 6 delegates

£14.00 per delegate from 7 to 12 delegates

£10.00 per delegate from 13 to 16 delegates

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

PRICES ARE INCLUSIVE OF PERSONALISED CERTIFICATES (WITH YOUR LOGO)

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