



First Aid for Mental Health

Currently we only offer levels 2 and 3 on a constant basis as we feel they present the best value for money for delegates. If you definitely require a level 1 course, please ask as we are able to deliver level 1 training to those specifically requesting it.

First Aid for Mental Health – Level 1

This Level 1 one day course must be completed within a 3-week period and can be delivered in as little as 6 hours in 1 day. If the training is spread over a time frame longer than 1 day, then each training session must be a minimum of 2 hours duration and completed within 3 weeks.

Good for: Organisations wishing to incorporate an aspect of mental health into their first aid programme to support a positive mental health culture in the workplace

- **Level 1 Course**
- Assessment: practical assessment & questioning with open & multiple-choice questions
- Accredited through: NUCO
- Certificate valid: 3 years*
- Duration: **6 hours**
- Unit 1: First Aid for Mental Health
- Qualification: **FAA Level 2 Award in First Aid for Mental Health (RQF)**
- Delivered at your place of work or one of our venues
- Discount for groups available (subject to booking 6 or more on course)
- Maximum places on course: 16
- Age limit for Qualification: 16

Syllabus

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

First Aid for Mental Health – Level 2

This **Level 2 one-day** course must be completed within a 3-week period and can be delivered in as little as 6 hours in 1 day. If the training is spread over a time frame longer than 1 day, then each training session must be a minimum of 2 hours duration and completed within 3 weeks.

Good for: Organisations wishing to incorporate an aspect of mental health into their first aid programme to support a positive mental health culture in the workplace

- **Level 2 Course**
- Assessment: practical assessment & questioning with open & multiple-choice questions
- Accredited through: NUCO
- Certificate valid: 3 years*
- Duration: **6 hours**
- Unit 1: First Aid for Mental Health
- Qualification: **FAA Level 2 Award in First Aid for Mental Health (RQF)**
- Delivered at your place of work, one of our venues or online
- Discount for groups available (subject to booking 6 or more on course)
- Maximum places on course: 16
- Age limit for Qualification: 16

Syllabus

- What is First Aid for Mental Health?
- Identifying mental health conditions
- First Aid for Mental Health action plan
- First Aid for Mental Health in the Workplace

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- Providing advice & starting a conversation
- Stress
- Mental health conditions
- Drugs & alcohol

Supervising First Aid for Mental Health – Level 3

This **Level 3 two-day** course must be completed within a 6-week period and can be delivered in as little as 12 hours in 2 consecutive days. If the training is spread over a time frame longer than 2 days, then each training session must be a minimum of 2 hours duration and completed within 6 weeks.

Good for: Anyone within a workplace but particularly useful to those in a managerial or supervisory position who have responsibility for implementing a positive and healthy mental health culture. Organisations who require someone to take responsibility for First Aid for Mental Health will find this course suitable.

- **Level 3 Course**
- Assessment: practical assessment & questioning with open & multiple-choice questions
- Accredited through: NUCO
- Certificate valid: 3 years*
- Duration: **12 hours**
- Unit 1: First Aid for Mental Health
- Qualification: **FAA Level 3 Award in Supervising First Aid for Mental Health (RQF)**
- Delivered at your place of work, one of our venues or online
- Discount for groups available (subject to booking 6 or more on course)
- Maximum places on course: 16
- Age limit for Qualification: 16

Syllabus

- What is First Aid for Mental Health?
- Identifying mental health conditions
- Providing advice and starting a conversation
- First Aid for Mental Health action plan
- First Aid for Mental Health in the Workplace
- A large range of mental health conditions are covered in detail including:
- Stress
- Depression
- Drugs & alcohol
- Post-traumatic stress disorder (PTSD)
- Self-harm
- Suicide
- Eating disorders
- Personality disorders
- Bipolar disorder
- Psychosis
- Schizophrenia
- Anxiety

* Full course completion required for full qualification again after 3 years