



YOUTH

MENTAL HEALTH FIRST AID REFRESHER COURSE

Please contact us for any other courses or training needs

Course content:

- Understanding mental health and wellbeing.
- Types of mental ill health and identifying signs and symptoms.
- Sources of guidance and support and how to signpost.
- Understanding first aid for mental health.
- Roles and responsibilities of a first aider for mental health.
- Roles and responsibilities of the employer in relation to supporting mental health in the workplace.
- Creating a positive mental health culture in the workplace.
- The importance of self-care as a first aider for mental health.

Course structure:

- Half day session, 2.5 hours
- Online delivery
- Live trainers

Why choose us?

- ✓ Over 20 years' experience in leadership, education and training.
- ✓ Enhanced DBS checked.
- ✓ Measurable impact through feedback / questionnaires.
- ✓ Online delivery available using a variety of platforms.
- ✓ DfE approved trainers for senior mental health lead training courses.
- ✓ Bespoke packages to suit the needs of your staff, pupils and organisation.
- ✓ Variety of services providing ongoing support and developing strong partnerships.

Our Services:

- ★ Staff CPD sessions.
- ★ Mental Health First Aid and Wellbeing training.
- ★ Bespoke Peer Mentoring Programme.
- ★ Parental Workshops – mental health awareness.
- ★ Leadership consultancy – policies and procedures.
- ★ Staff mentoring and coaching.