

First Aid for Mental Health

One Day (6 Hour) Course



6 Hrs



In- House



Overview

Our one day course qualifies you as a First Aider for Mental Health, and teaches you:

- How to understand mental health and mental illness
- How to provide **advice and support** for a person presenting a mental health condition
- How to recognise a range of mental health conditions
- The **first aid for mental health action plan** and how to utilise it
- How to implement a **positive mental health culture in the workplace**

Cost

In-House course - from £75 per person (No VAT)

Format

- **One day practical** course
- To ensure that all learners can receive the right amount of support and contact time from their trainer, we **limit numbers to 16 people per course**

Takeaways:

Everyone who completes the course receives:

- A certificate to say that you hold an FAA First Aid for Mental Health (RQF Level 2)
- A manual to refer to whenever you need it

Course content

- What is first aid for mental health
- Identifying mental health conditions
- Providing advice & starting a conversation
- Stress
- Mental health conditions
- Drugs & alcohol
- First aid action plan for mental health
- Mental health in the workplace

Availability

In-House courses are available **at your workplace** across the UK

The course takes place on a date and time of your choosing

Assessment

Learners will be **continuously assessed** by our instructor throughout the course, and there is a **multiple choice question paper** at the end of the day

Duration

This is a **1 day** course

(**6 hours** including breaks)

Certification

On completion of the course learners receive an FAA First Aid for Mental Health (RQF Level 2)

Certificate valid for 3 years

To book a course or for more information, call us today on
0300 3020 999 or visit **www.tigerlilytraining.co.uk**