

Awareness of First Aid for Mental Health

4 Hour Course



Overview

This **4 hour** Awareness of First Aid for Mental Health course is suitable for everyone, as it provides learners with the knowledge to recognise a suspected mental health condition, and the skills to start a conversation and be able to signpost a person towards professional help.

Cost

In-House course - from £70 per person (No VAT)

Format

- **4 hour 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 Level 1 Award in Awareness of First Aid for Mental Health (RQF)
- 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

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 **4 hour** course

Certification

On completion of the course learners receive an FAA Award in Awareness of First Aid for Mental Health (RQF Level 1)

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**