

# LEVEL 1 AWARD IN AWARENESS OF FIRST AID FOR MENTAL HEALTH



## COURSE OVERVIEW

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This online virtual learning course is aimed at providing learners with the knowledge to identify suspected mental health conditions and the skills to start a conversation and be able to signpost the person towards professional help.



## BY THE END OF THIS COURSE YOU WILL

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- Know what mental health is, why people develop mental health conditions and the role of a First Aider for mental health
- Know how to provide advice and practical support for a person presenting a mental health condition
- Know how to recognise and manage stress
- Know how to recognise a range of mental health conditions





## WHO IS THE COURSE FOR?

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- Coaches and volunteers in sport
- Those delivering physical activity sessions
- Local community activators (working for example in disabled people's organisations, community interest charities, housing sector and scout/guide groups )
- Health and care professionals
- Employees in a work place environment

## DURATION & COST

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### **Non regulated** pathway - 3 hours

(Non regulated means that the course is not on a regulated qualification framework.

Learners will receive a certificate of attendance)

£35.00 pp

### **Regulated** pathway - 4 hours

£70.00 pp

