

LEVEL 2 AWARD IN AWARENESS OF FIRST AID FOR MENTAL HEALTH



COURSE OVERVIEW

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.



Learners will know how to recognise and manage stress and understand the impact of substance abuse. They will learn about the first aid action plan for mental health, be able to put it in place and know how to implement a positive mental health culture in the workplace.

BY THE END OF THIS COURSE YOU WILL

- 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
- Understand the impact of substance abuse on mental health
- Understand the first aid action plan for mental health and be able to put it in place
- Know how to implement a positive mental health culture in the workplace





WHO IS THE COURSE FOR?

- Employees in a work place environment
- Health and care professionals

DURATION & COST

Non regulated pathway - 6 hours

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

Learners will receive a certificate of attendance)

£55.00 pp

Regulated pathway - 7 hours

£85.00 pp

