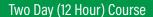
Course Information



Supervising First Aid for Mental Health









Overview

Our Supervising First Aid for Mental Health course teaches you:

- A thorough understanding of 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
- The impact of **substance abuse** on mental health
- How to implement a positive mental health culture in the workplace
- An understanding of a range of mental health disorders and the support / therapy provided by healthcare professionals

Cost

In-House course - from £108 per person (No VAT)

Format

- Two day practical course
- The course is built around the first aid for mental health action plan
- 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 Supervising First Aid for Mental Health (RQF Level 3)
- · A manual to refer to whenever you need it

Course content

Day 1:

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

Day 2:

- Post-traumatic stress disorder
- Self-harm
- Suicide
- Eating disorders
- Personality disorders
- Bipolar disorder
- Psychosis
- Schizophrenia

Availability

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

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

Duration

This is a 2 day course

(12 hours including breaks)

Assessment

Learners will be **continuously assessed** by our instructor throughout the course, and there will be a **written assessment** on each day

Certification

On completion of the course learners receive an FAA Level 3 Award in Supervising First Aid for Mental Health (Level 3 RQF)

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







