



## LEVEL 2 Full day TRAINING COURSE:

### **First Aid for Mental Health.**

This 1-Day course covers the content of the Level 1 course but also expands on the effects of drugs and alcohol, incorporates the First Aid for Mental Health Action Plan and covers ways in which a positive mental health culture can be supported within a workplace.



A range of First Aid for Mental Health related subjects are covered, including:

- What is First Aid for Mental Health?
- Identifying mental health conditions
- Providing advice and starting a conversation
- Stress
- Mental health conditions
- Drugs and alcohol
- First Aid for Mental Health action plan
- First Aid for Mental Health in the workplace.

A certificate can be offered to all, subject to assessment. Qualification is assessed by a written assessment that includes open and multiple-choice questions.

A Level 2 Award in First Aid for Mental Health will be issued to the learner, subject to successful assessment.

This qualification is valid for three years from the date of achievement. It is strongly recommended that the learner attends annual refresher training. The learner will need to complete the full course again to requalify for a further three years.