



## LEVEL 1 HALF DAY (4 hour) TRAINING COURSE:

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

This course is suitable for everyone within a workplace as it provides learners with the knowledge to identify suspected mental health conditions as well as the skills to start a conversation and be able to signpost a person towards professional help.

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

A certificate can be offered to all, subject to assessment. The qualification is assessed by a written assessment including open and multiple-choice questions.

A Level 1 Award in Awareness for 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.

