

**LEVEL 3 two-day TRAINING COURSE:
Supervising First Aid for Mental Health**

This 2-Day course details a wide range of mental health conditions and the support and help provided by healthcare professionals. It covers the content of both the Level 1 and Level 2 qualifications but is aimed at the supervisor/manager levels within the workplace.

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

- What is First Aid for Mental Health?
- Post-traumatic stress disorder
- Identifying mental health conditions
- Self-harm
- Providing advice and starting a conversation
- Suicide
- Stress
- Eating disorders
- Mental health conditions
- Personality disorders
- Drugs and alcohol
- Bipolar disorder
- First Aid for Mental Health action plan
- Psychosis First Aid for Mental Health in the workplace
- Schizophrenia
- Depression
- Anxiety.

A range of assessment methods are used, including practical and questioning (open and multiple-choice).

A Level 3 Award in Supervising 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.

