



First Aid for Mental Health One Day Course

Every year, approximately **one in four people** in the UK will experience a **mental health problem**.

Mental Health First Aid Training encourages early detection and intervention by providing participants with the **knowledge** to identify suspected mental health conditions, such as anxiety, depression, schizophrenia, bipolar disorder, eating disorders and addictions; and the **skills** to start a conversation surrounding mental health.

Participants will also learn about the **first aid action plan** for mental health and how to implement a **positive mental health culture** in the workplace.

The programme offers concrete tools and answers key questions, such as ‘What can I do?’ and ‘Where can someone find help?’ Participants are introduced to local mental health resources, national organisations, support groups and online tools for mental health addiction and support.

Participants can access the course via **distance learning**; the course consists of a combination of self-study and webinars, guided by a **qualified Trainer/Assessor**. Distance learning resources are included, and assessment is via a professional discussion. Course participants can gain an **Ofqual or SQA Accreditation regulated qualification**, subject to assessment.

Certification

An 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 assessment. The learner will require to complete the course again to qualify for a further three years.

Assessment

The qualification is assessed via a professional discussion with the Trainer/Assessor.

The learner has a maximum of 60 minutes to complete the assessment. There is no grading—learners either pass or are referred.

Course Syllabus

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

Duration

The total qualification time is **7 hours**—this is an estimate of how long the average learner will take to achieve the qualification and includes **3 assigned guided learning hours**—i.e. the total number of contact hours the learner will have with the Trainer/Assessor.

It is beneficial for the learner to undertake additional independent learning, for example via internet research.

How to register

To register or for further details, please contact us:

ABZ.TrainingCentre
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