

Supervising First Aid for Mental Health Two Day Course

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

This qualification will provide participants with the **knowledge** to recognise a wide range of mental health conditions and they will learn about the support and therapy provided by healthcare providers. They will know how to **start a supportive conversation** and when and how to **direct a person to seek appropriate professional help**; and will be able to recognise and manage stress and understand the impact of substance abuse.

Participants will also learn about the **first aid action plan** for mental health, be able to put it in place and know how to implement a **positive mental health culture** in the workplace.

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 **Supervising/Leading 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

Depression

Post-traumatic stress disorder

Self-harm

Suicide

Eating disorders

Personality disorders

Bipolar disorder

Psychosis

Schizophrenia

Anxiety

Duration

The total qualification time for this course is **14 hours**—this is an estimate of how long the average learner will take to achieve the qualification and includes **6 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
@internationalsos.com

