



Level 1 Award in Awareness for First Aid for Mental Health

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

Who Should Attend?

This ½ day course is aimed at providing learners with the knowledge to identify suspected mental health conditions and the skills to start a conversation and be able to signpost the person towards professional help

Certification

A Level 1 Award in Awareness for First Aid for Mental Health will be issued to the learner, subject to successful assessment. There is no expiry of the qualification, but annual refresher training is recommended.

Pre-requisites

Candidates must be physically able to carry out the procedures detailed in the course outline.