



Level 3 Award in Supervising First Aid for Mental Health

This 2-Day course goes into detail on 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 Trainer/Assessors and/or supervisor level 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

Certification

A Level 3 Award in Supervising 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.