



To aid the achievement of our vision we recently launched the regulated **First Aid for Mental Health courses** as detailed below. We provide them in association with **Nuco Training** and **First Aid Awards (FAA)** as awarding body.

FAA Level 1 Award in Awareness of First Aid for Mental Health (RQF)

This **Half Day (4 Hours)** awareness course is suitable for everyone as it provides learners with the knowledge to recognise a suspected mental health condition and the skills needed to start a conversation and be able to signpost a person towards professional help.

All staff members can benefit from this course and it is a great stepping stone into First Aid for Mental Health.

Course content

A wide range of subjects are covered including:

- First Aid for Mental Health
- Identifying Mental Health conditions
- Providing advice and starting a conversation

Assessment

The qualification is assessed through a multiple-choice question paper. A Level 1 in Awareness of First Aid for Mental Health will be issued to the learner, subject to successful assessment. There is no external assessment required.

Class size

A minimum of 5 and maximum of 16 students can be accommodated on this course. All candidates must be a minimum age of 14 years to qualify.

Course location

We are able to deliver this course on your site. This reduces your costs in addition to additional time that could be spent travelling.

Certification

Upon successful completion of the qualification assessment, learners will be awarded the Ofqual regulated Level 1 Award in Awareness of First Aid for Mental Health (RQF). This qualification is valid for three years from the date of achievement. It is strongly recommended that learners attend annual refresher training.

To discuss your specific requirements and our competitive rates, please contact us via details stated at the top of this document.