



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 2 Award in First Aid for Mental Health (RQF)

This **1 Day (6 Hours)** course was designed to help employers to provide a positive mental health culture within the workplace. Learners will gain comprehensive knowledge on a range of the most common mental health conditions and the skills needed to be able to act should a condition be suspected.

Learners undertaking this course will be considered First Aiders for Mental Health and a point of contact within the workplace to support those with a suspected mental health condition. The First Aid for Mental Health Action Plan will be introduced which allows learners to provide their peers with comprehensive guidance and support for a suspected mental health condition. Upon completing the course, they will be able to signpost colleagues to receive professional help and support.

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
- Drugs and alcohol
- First Aid for Mental Health action plan
- First Aid for Mental Health in the workplace

Assessment

The qualification is assessed through both a practical demonstration of the First Aid for Mental Health Action Plan and a multiple-choice question paper. 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 2 Award in 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.