

Awareness of First Aid for Mental Health Level 1

This ½-Day course is aimed at providing 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.

1 Duration

A minimum of 4 hours spread over at least one day. Ideally, the course should be run in one day, but must be completed within 2 weeks of starting the course, with each training session a minimum of two hours.

2 Syllabus

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

3 Numbers

A maximum of 16 students are allowed on the course and must be a minimum of 14 years of age. A certificate can be offered to all, subject to assessment.

4 Assessment

A range of methods are used, including practical and questioning (open and multiple-choice).

5 Certification

A Level 1 Award in Awareness for 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 achievement. It is strongly recommended that the learner attends annual refresher training. The learner will need to complete the full course again to requalify for a further three years.

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