



# First Aid for Mental Health Level 2

This 1-Day course covers the content of the Level 1 course but also expands on the effects of drugs and alcohol, incorporates the First Aid for Mental Health Action Plan and covers ways in which a positive mental health culture can be supported within a workplace.

## 1 Duration

This course will run over 1 day from 9:00 am to 4:00 pm.

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

## 3 Numbers

A maximum of 16 delegates are allowed on the course . The course is fully accredited and 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 2 Award in 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.

**Please Contact us for Available Dates**

Contact Jeremy Roberts or Lorna Ball on 01706 631417 or [jroberts@rochdaletraining.co.uk](mailto:jroberts@rochdaletraining.co.uk),  
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