

Mental Health First Aid

2-DAY TRAINING COURSE

LEVEL 3/6

SUPERVISING FIRST AID FOR MENTAL HEALTH (RQF L3) **LEADING FIRST AID FOR MENTAL HEALTH** (SCQF L6)



A range of subjects are covered including:

- **What is 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**
- **A large range of Mental Health conditions covered in detail**

This course goes into detail on a wide range of mental health conditions and the support and help provided by healthcare professionals. This course is aimed at those within a supervisor/manager level within the workplace, as the designated First Aider for Mental Health.

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Call or email for more information and pricing.