

SUPERVISING FIRST AID FOR MENTAL HEALTH



- **Qualification Title:** Level 3 Supervising First aid for Mental Health RQF
- **Accreditation** - FAA
- **Duration** – 2 days (12 hours)
- **Location** – Onsite or nationwide

- **Maximum Group Size** - 16
- **Cost per group/individual** - £895/£145
- **Difficulty** – Easy/Contains emotive subjects

COURSE INTRODUCTION - This 2-Day course goes into detail on a wide range of mental health conditions and the support and help provided by healthcare professionals. It covers the content of both the Level 1 and Level 2 qualifications but is aimed at Trainer/ Assessors and/or supervisor level within the workplace.

Complies with employer's statutory requirements

Creates a safer working environment

- Reduces the risk of mental health related conditions
- Excellent signposting and recognition for young people

Syllabus – A range of Mental Health related subjects are covered including:

- What is First Aid for Mental Health?
- Post-traumatic stress disorder
- Identifying mental health conditions
- Self-harm
- Providing advice and starting a conversation
- Suicide
- Stress
- Eating disorders
- Mental health conditions
- Personality disorders
- Drugs and alcohol
- Bipolar disorder
- First Aid for Mental Health action plan
- Psychosis
- First Aid for Mental Health in the workplace
- Schizophrenia
- Depression
- Anxiety

What's Included –

- An accredited and regulated Supervising First Aid for Mental Health certificate valid for 3 years
- Comprehensive digital course manual
- Renewal notification prior to course expiry date
- Optional updates and newsletters
- Tea, coffee, and light refreshments

Reviews

What to Bring –

- Comfortable clothing and footwear
- Photographic Identification
- Mobile Phone
- Lunch

FAQs

How many learners can attend? Up to 16 learners can

attend. Larger groups can be accommodated for, just let us know.

How is the course assessed? This course is assessed via oral/written questioning and practical scenario assessments.

How long does certification last for? The qualification lasts for a period of 3 years, but refresher training and keeping up to date with changes to policies, procedures, and new legislation through ongoing CPD is vital. The HSE strongly recommends an annual refresher course to keep skills fresh and in date.

What is the minimum age for this qualification? This qualification is available to learners aged 14 years or over although a student cannot assume a responsibility in the workplace until they reach the age of 16, and then it is the employer's responsibility to ensure that the student is suitable for that role.

Can the qualification be split into smaller sessions? Yes. A minimum of twelve contact hours in the classroom, consisting of practical and theoretical activities, plus some pre-course activity could be required. Ideally, the course should be run over one day, but can be spread over a longer time period if you so desire, providing it is completed within 4 weeks of starting the course and the training sessions last for a minimum of two hours.

Can this be delivered online? Yes, this can be offered as a full distance learning course with 12 hours delivered online.

Are there any entry requirements? Learners must have the literacy skills to be able to read and write and reference additional resources. In addition, the learner will need access to a computer with a reasonable internet connection in order to access the distance learning resources and communicate with the Trainer/Assessor if a distance learning option is required.

Supporting Courses –

- Practical Fire Extinguishers
- Fire Safety



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0330 043 4837