

Awareness of First Aid for Mental Health



This Mental Health awareness course is suitable for everyone as it provides the knowledge to recognise a suspected mental health condition and the skills to start a conversation and be able to signpost a person towards professional help

- Ofqual or SQA Accreditation regulated qualification.
- We are able to deliver this course on your site, online or we can provide a venue for you.



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Connect with us

Tel: 0141 340 9870
www.piece-of-mind.co.uk

**Piece of Mind
Training**

Mental Health First Aid



Course Details

COURSE DURATION

Half Day course

ENTRY REQUIREMENTS

A maximum of 16 people can be accommodated on this course and all candidates must be a minimum of 14 years of age to qualify.

ASSESSMENT

The qualification is assessed through a multiple-choice question paper. A Level 1 Award in Awareness of First Aid for Mental Health will be issued to the learner, subject to successful assessment. No external assessors are required.

Course Syllabus

- *What is First Aid for Mental Health?*
- *Identifying mental health conditions*
- *Providing advice and starting a conversation*

Certification

An Award in Awareness for First Aid for Mental Health will be issued subject to successful assessment.

This qualification is valid for three years from the date of achievement, at this point you will need to complete the full course again to re-qualify for a further three years.

