

# First Aid for Mental Health



Expanding on the Level 1/4 Award in Awareness of First Aid for Mental Health this course introduces the First Aid for Mental Health Action Plan enabling you to provide peers with comprehensive guidance and support for a suspected mental health condition. Learners will be able to provide signposting to professional help and support that person whilst they are receiving professional assistance.

- 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.

## Connect with us

Tel: 0141 340 9870  
[www.piece-of-mind.co.uk](http://www.piece-of-mind.co.uk)

## Piece of Mind Training

*Mental Health First Aid*



## Course Details

### COURSE DURATION

*One 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 both a practical demonstration of the First Aid for Mental Health Action Plan and a multiple-choice question paper. A Level 2 Award in 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*
- *Drugs and alcohol*
- *First Aid for Mental Health action plan*
- *First Aid for Mental Health in the workplace*

## Certification

*An Award in 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.*

