



# Awareness of First Aid for Mental Health



**Level 1 Certificate**

**Cost £80+VAT  
per delegate\***

## Summary

This 1/2-Day course is aimed at providing learners with the knowledge to identify suspected mental health conditions and the skills to start a conversation and be able to signpost the person towards professional help.

## Duration

A minimum of 4 hours spread over at least one day. Ideally, the course should be run in one day, but must be completed within 2 weeks of starting the course, with each training session a minimum of two hours.

## Numbers

A maximum of 12 students are allowed on the course and must be a minimum of 14 years of age. A certificate can be offered to all, subject to assessment.

## Assessment

A range of methods are used, including practical and questioning (open and multiple-choice).

## Certification

A Level 1 Award in Awareness for 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.

## Awarding Body



THIS COURSE IS SUPPORTED BY FIRST AID AWARDS,  
A REGULATED OFQUAL AND SQA ACCREDITATION  
AWARDING ORGANISATION

## Syllabus

A range of subjects are covered including:

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

This course is suitable for everyone within a workplace as it provides learners with the knowledge to identify suspected mental health conditions as well as the skills to start a conversation and be able to signpost a person towards professional help.

## Next Step:

**Please check our website for  
open course date / please  
contact us to discuss your  
specific training needs.**

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