

**SECTION : 1: 1.8 First Aid Training**

<b>Course Title:</b>	<b>Level 1 Award in Awareness of First Aid for Mental Health (RQF)</b>
<b>Target Audience:</b>	This ½-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.
<b>Certificated by: Accredited by:</b>	Alan Scott Training Services. (Non-Accredited) NUCO (QRF Level 1)
<b>Number of Delegates per Course:</b>	Minimum 4 Maximum 12
<b>Course Length:</b>	½ Day
<b>Preferred Session Dates and Times:</b>	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.
<b>Method of Delivery:</b>	Classroom – presentation & group work with interactive activities.
<b>Course Aims:</b>	This 4-hour qualification provides an overview of the most common mental health conditions teaching you how to start a supportive conversation and when and how to signpost a person to seek appropriate professional help.
<b>Course Outcomes:</b>  Delegates will be able to successfully be aware of and deal with:	<ul style="list-style-type: none"> <li>• What is First Aid for Mental Health?</li> <li>• Depression</li> <li>• Anxiety</li> <li>• Psychosis</li> <li>• Eating disorders</li> <li>• Stress</li> <li>• Suicide</li> <li>• Self-harm</li> </ul>
<b>Refresher Period:</b>	The qualification does not have an expiry date but keeping up to date with changes to policies, procedures and new legislation through ongoing CPD is vital.