

SECTION : 1: 2.1 First Aid Training

Course Title:	Level 3 Award in Supervising First Aid for Mental Health (RQF)
Target Audience:	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.
Certificated by: Accredited by:	Alan Scott Training Services. (Non-Accredited) NUCO (QRF Level 3)
Number of Delegates per Course:	Minimum 4 Maximum 16
Course Length:	2 Day
Preferred Session Dates and Times:	Ideally, the course should be run in one day, but must be completed within 6 weeks of starting the course, with each training session a minimum of two hours.
Method of Delivery:	Classroom – presentation & group work with interactive activities.
Course Aims:	On the course you will gain the knowledge to recognise a wide range of mental health conditions and learn about the support/therapy provided by professional healthcare providers. You will learn how to start a supportive conversation and when and how to signpost a person to seek appropriate professional help. You will be able to recognise and manage stress and understand the impact of substance abuse. You will learn about the first aid action plan for mental health, be able to put it in place and understand how to implement a positive mental health culture in the workplace.
Course Outcomes: Delegates will be able to successfully be aware of and deal with:	<ul style="list-style-type: none"> • 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
Refresher Period:	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.

Please contact info@alanscottrainingsservices.co.uk for more info or to book a course