

SECTION : 1: 1.9 First Aid Training

Course Title:	Level 2 Award in First Aid for Mental Health (RQF)
Target Audience:	This 1-Day course covers the content of the Level 1 course but also expands on the effects of drugs and alcohol, incorporates the First Aid for Mental Health Action Plan and covers ways in which a positive mental health culture can be supported within a workplace.
Certificated by: Accredited by:	Alan Scott Training Services. (Non-Accredited) NUCO (QRF Level 2)
Number of Delegates per Course:	Minimum 4 Maximum 12
Course Length:	1 Day
Preferred Session Dates and Times:	Ideally, the course should be run in one day, but must be completed within 3 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:	<p>On the course you will learn to recognise a range of mental health conditions, how to start a supportive conversation and when and how to signpost a person to seek appropriate professional help. You will know how to recognise and manage stress and understand the impact of substance abuse.</p> <p>You will learn about the first aid action plan for mental health, be able to put it in place and know how to implement a positive mental health culture in the workplace.</p>
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? • Identifying mental health conditions • Providing advice and starting a conversation • Stress, Depression, Anxiety, Psychosis, Suicide, Self-Harm, Eating Disorders • Mental health conditions • Drugs and alcohol • First Aid for Mental Health action plan • First Aid for Mental Health in the workplace
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