

LEVEL 3 : 2-DAY TRAINING COURSE

Supervising First Aid for Mental Health

This 2-Day course goes into detail on a wide range of mental health conditions and the support and help provided by healthcare professionals.

**Witney Business & Innovation Centre,
Windrush House, Witney, OX29 7DX**



Syllabus

A range of First Aid for Mental Health related subjects are covered including:

- What is First Aid for Mental Health?
- Identifying mental health conditions
- Providing advice and starting a conversation
- Stress
- Mental health conditions
- Drugs and alcohol
- First Aid for Mental Health action plan
- First Aid for Mental Health in the workplace
- Depression
- Post-traumatic stress disorder
- Self-harm
- Suicide
- Eating disorders
- Personality disorders
- Bipolar disorder
- Psychosis
- Schizophrenia
- Anxiety

NEW!

Unique & Useful
Support App for all learners

“Well B app”



Certification

Qualification title:	FAA Level 3 Award in Supervising First Aid for Mental Health (RQF)	Code:	603/3770/9
Unit title:	Supervising First Aid for Mental Health	Unit code:	L/617/2920

Cost £198 including all resources, assessment, certification and 1 year access to the app. 0% easy instalment option.

Testimonials

“Kevin delivered the course with clarity, understanding and compassion. His knowledge of the subject was excellent and he clearly demonstrated his own passion and commitment to the subject matter.” Multinational Corporate (Aviation), Mar 23

“Really enjoyed the course; it enhanced my knowledge and understanding, allowing me to help support colleagues in the business.” Corporate (Food manufacturing), Jun 22

“Excellent delivery, well-pitched with a variety of activities to keep us engaged. The instructors provided a safe space for all learners. I cannot recommend this course highly enough. Brilliant!” Open Course Sep 23

“The use of group work was amazing, it helped with my learning style. Overall, a really well delivered course.” Open Course, May 23

Contact Information

For details please contact **Kev Beresford**;

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www.whitecatwellbeing.co.uk



Course Date

Jun 19th - 20th 2024
(0830-1645)



nuco training

AN APPROVED CENTRE OF FIRST AID AWARDS LTD