

2-DAY LEVEL 3 AWARD IN SUPERVISING FIRST AID FOR MENTAL HEALTH



COURSE OVERVIEW

This 2-day course is ideal for managers, supervisors, HR teams and Welfare Teams along with anyone interested in promoting a positive work culture. It covers in-depth; aspects of mental health; how to recognise signs of mental ill health; the effects of drugs and alcohol; how to approach and discuss, along with signposting.

This is a fully regulated course approved by UK Awarding Body FAA. It results in a Level 3 UK / Level 6 (Scotland) qualification. As this course is regulated, it holds significant weight for both an organisation's commitment to the health and wellbeing of their staff and to the holder of the qualification. This course can be attended by anyone within a workplace, but is specifically aimed at individuals who are in managerial or supervisory positions and have a responsibility for encouraging a positive mental health culture and/or First Aid for Mental Health in the workplace.

Having a positive approach to mental health conditions in the workplace is an asset to organisations, as it helps to create a non-judgemental and safe environment, both in the workplace and for lone workers. Ultimately, this can significantly reduce staff absence and sick leave.

It's a comprehensive course, covering a wide range of mental health conditions and in-depth details on the range of therapies and/or professional support that someone may be given during their treatment for a mental health condition.

Learners will be awarded a regulated qualification and be equipped to deal with any mental health cases which arise in the workplace.

THE SKILLS AND KNOWLEDGE DEVELOPED ON THIS COURSE INCLUDE:

- What is First Aid for Mental Health?
- An in-depth understanding of mental health and the factors that can affect mental wellbeing.
- Identifying mental health conditions, including practical skills for noticing triggers.
- Providing confidence to intervene, starting a conversation, listening, and giving advice.
- Drugs and alcohol.
- Learn how to build a First Aid for Mental Health action plan to support employees.
- First Aid for Mental Health in the workplace.
- A large range of Mental Health conditions covered in detail.
- Knowledge of helpful resources to guide recovery.
- Developing valuable interpersonal skills in particular non-judgemental listening.

Qualification: Regulated 3 Year FAA Level 3 Award in Supervising First Aid for Mental Health / Level 6 FAA Award in Leading First Aid for Mental Health.

Course Duration: 12 hours over 2 days. This course can be run over an extended period of time (up to 6 weeks).

Location: Nationwide / Distance Learning

Learner numbers: A maximum of 16 learners per course (set out by Awarding Body limits).

Learner Age: 16 years+