



Tactical Tuition

FIRST AID | SAFETY | SELF-DEFENCE

TacticalTuition.com



★ Trustpilot



Mental Health First Aid

Support your workplace with expert Mental Health training designed to raise awareness and reduce stigma.



Course Overview

Research suggests that improving UK workplace Mental Health management could reduce employers' losses attributed to mental illness by 30%, collectively saving £8 billion a year.

The Health and Safety Executive (HSE) have updated their guidance. As of 2018, employers need to consider covering Mental Health First Aid training in addition to First Aid at Work training.

Our trainers have been through serious Mental Health challenges themselves and have the real-world experience to bring the course to life during the talking sessions within the course.

This course is suitable for everyone, but has been designed to help employers to provide a positive Mental Health culture within the workplace. It provides learners with comprehensive knowledge on a range of the most common Mental Health conditions and the skills to be a competent and confident point of contact for an individual who is experiencing a Mental Health issue or emotional distress. Embedding Mental Health First Aid training into your organisation encourages people to talk more freely about Mental Health, promoting early intervention, which enables recovery.

The course introduces the First Aid for Mental Health Action Plan which allows learners to provide their peers with comprehensive guidance and support for a suspected Mental Health condition. This interaction could range from having an initial conversation through to supporting the individual to get appropriate help in a crisis. Mental Health First Aiders can spot the signs of mental ill health and are valuable in providing early support for someone who may be developing a Mental Health issue.

The course also covers the effects of drugs and alcohol and provides learners with the skills and knowledge to assist employers in implementing a positive Mental Health culture to support employees within a workplace.

Syllabus

A range of subjects are covered including:

- What is First Aid for Mental Health?
- Identifying Mental Health conditions and be able to recognise the early signs and symptoms of common workplace Mental Health illnesses
- Providing advice and having the necessary skills to have a supportive, non-judgmental conversation with those who need it
- Gain the knowledge and confidence to guide colleagues to the appropriate professional support if they require it
- Drugs and Alcohol
- First Aid for Mental Health action plan
- Promoting greater awareness of Mental Health in the workplace and reducing stigma



Graham Matthews
Lead Trainer

Mental Health First Aid

Certification

Upon successful completion of the qualification assessment, Learners will be awarded the Ofqual regulated and quality assured Level 2 Award in First Aid for Mental Health (RQF)/ Award in First Aid for Mental Health at SCQF Level 5. This qualification is valid for three years from the date of achievement. It is strongly recommended that the learner attends annual refresher training. The learner will need to complete the full course again to requalify for a further three years.

Assessment

The qualification is assessed through both a practical demonstration of the First Aid for Mental Health Action Plan and a multiple-choice question paper. A Level 2 Award in First Aid for Mental Health will be issued to the learner, subject to successful assessment.

Course Duration

This course runs over 6 hours spread over 1 day. Ideally, the course should be run over one day, but we have the flexibility to accommodate your specific needs if you so desire, providing it is completed within 6 weeks of starting the course and the training sessions last for a minimum of two hours.

Numbers

A maximum of 16 students can be accommodated on this course and all candidates must be a minimum of 14 years of age to qualify.

In-House / On-site courses

If you have several employees that you wish to train for First Aid for Mental Health why not consider an onsite course. We are able to provide training at your premises, at a time and date to suit your requirements. We currently deliver courses for many national and international companies throughout the UK.

Cost

Our prices are hard to beat and we always work with you to ensure that you get the best training for your budget. Give us a call today, or drop us an email and we will let you know what value we can add.

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#trainsmiles



A comprehensive fully illustrated training book to supplement the First Aid for Mental Health course is provided for each delegate.



Mental Health care cards displaying the First Aid Action Plan for Mental Health on the front side and useful contact information on the reverse side are also provided for each delegate.

First Aid
Fire Marshal
Mental Health
Manual Handling
Advanced First Aid
Health & Safety
Paediatric
Forklift
Co-curricular
Krav Maga
Self-defence
Family First Aid
Audits