

Mental Health First Aid Course

What is Mental Health First Aid?

Mental Health First Aid (MHFA) is a training course, designed to teach you and your staff how to spot the signs and symptoms of mental health conditions and provide help on a first aid basis. Our instructors are quality assured to deliver this course to the highest standard. These courses can be accredited or non accredited.

Level 1 - This half day course is aimed at providing learners with the knowledge to identify suspected mental health conditions and the skills to start a conversation and be able to signpost the person towards professional help.

Level 2 - 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.

Level 3 - 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 supervisory level within the workplace.

Further info RQF Level 1 Award

This half day course is aimed at providing learners with the knowledge to identify suspected mental health conditions and the skills to start a conversation and be able to signpost the person towards professional help.

Duration

A minimum of 4 hours spread over at least one day. Ideally, the course should be run in one day, but must be completed within 2 weeks of starting the course, with each training session a minimum of two hours.

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

Numbers

A maximum of 16 students are allowed on the course and must be a minimum of 14 years of age. A certificate can be offered to all, subject to assessment.

Assessment

A range of methods are used, including practical and questioning (open and multiple choice).

Certification

A Level 1 Award in Awareness for First Aid for Mental Health will be issued to the learner, subject to successful assessment. There is no expiry of the qualification, but annual refresher training is recommended.

Further info RQF Level 2 Award

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.

Duration

A minimum of 6 hours spread over at least one day. 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.

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

Numbers

A maximum of 16 students are allowed on the course and must be a minimum of 14 years of age. A certificate can be offered to all, subject to assessment.

Assessment

A range of methods are used, including practical and questioning (open and multiple-choice).

Certification

A Level 2 Award in First Aid for Mental Health will be issued to the learner, subject to successful assessment. There is no expiry of the qualification but annual refresher training is recommended.

Further info RQF Level 3 Award

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.

Duration

A minimum of 12 hours spread over at least two days. Ideally, the course should be run over two consecutive days.

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

Numbers

A maximum of 16 students are allowed on the course. A certificate can be offered to all subject to assessment.

Assessment

A range of methods are used, including practical and questioning (open and multiple-choice).

Certification

A Level 3 Award in Supervising First Aid for Mental Health will be issued to the learner, subject to successful assessment. There is no expiry of the qualification, but annual refresher training is recommended.