

HALF DAY TRAINING COURSE

LEVEL 1

AWARENESS OF FIRST AID FOR MENTAL HEALTH



A range of subjects are covered including:

- **What is First Aid for Mental Health?**
- **Identifying mental health conditions**
- **Providing advice and starting a conversation**

This course is suitable for everyone within a workplace as it provides learners with the knowledge to identify suspected mental health conditions as well as the skills to start a conversation and be able to signpost a person towards professional help.