

1-DAY TRAINING COURSE

LEVEL 2

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
- Drugs and alcohol
- First Aid for Mental Health action plan
- First Aid for Mental Health in the workplace

This course provides learners with the knowledge to identify suspected mental health conditions as well as covering the effects of drugs and alcohol and the First Aid for Mental Health Action Plan.