JewelSafety

Health & Wellbeing

Awareness of First Aid for Mental Health

Each year approximately 1 in 4 people in the UK will experience a mental health condition and at least 1 in 6 employees experience common mental health problems in the workplace. Research has shown that workload is one of the biggest causes of stress which can stop people performing at their best.

Mental health conditions are often hidden due to stigma and fear of discrimination and research has shown that a culture of fear and silence around mental health is costly to employers.

This half day qualification provides learners with the knowledge to recognise a range of mental health conditions, how to start a supportive conversation and when and how to signpost a person to seek appropriate professional help. Learners will know how to recognise and manage stress.

Who is this course for?

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.

What is covered?

A range of 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 including anxiety, depression, Psychosis, eating disprders, suicide and self harm.

Level 1

Contact Us

Now to Book

Level 1 course
Duration 4 hours
Maximum 12 students