



JewelSafety
Health & Wellbeing

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 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.

Who is this course for?

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.

What is covered?

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

Contact Us

Now to Book

Level 2

Level 2 course
Duration 1 day
Maximum 12 students