JewelSafety

Health & Wellbeing

Supervising 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.

Learners will learn about the first aid action plan for mental health, be able to put it in place and understand how to implement a positive mental health culture in the workplace. Learners will not diagnose or treat mental health conditions as this can only be carried out by healthcare professionals but will gain the knowledge to identify when a person may have a condition and know where they can go to get help.

Who is this course for?

This 2 day course provides learners with the knowledge to recognise a wide range of mental health conditions and learn about the support/therapy provided by professional healthcare providers. They will know how to start a supportive conversation and when and how to signpost a person to seek appropriate professional help. Learners will recognise and manage stress and understand the impact of substance abuse.

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
• Drugs and alcohol
• First Aid for Mental Health action plan
• First Aid for Mental Health in the workplace
• Depression • Stress• Post-traumatic stress disorder
• Self-harm • Suicide • Eating disorders
• Personality disorders • Bipolar disorder
• Psychosis • Schizophrenia • Anxiety

Contact Us to Book

Level 3

Level 3 course
Duration 2 days
Maximum 12 students

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