

# Level 1 Awareness of First Aid for Mental Health



DSLs • Pastoral & Wellbeing Leads • Educators • HR & Admin

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 such as anxiety and depression. Research has shown that work is the biggest cause of stress which can stop people performing at their best.

This qualification provides learners with the knowledge to recognise a range of mental health conditions, start a supportive conversation, and when and how to signpost someone to professional help. Learners will also learn how to recognise and manage stress.

## Example of topics covered in this course

- ⚙ Understand what mental health is
- ⚙ Why people develop mental health conditions
- ⚙ The roles and responsibilities of a first aider for mental health
- ⚙ How to provide advice and signpost
- ⚙ Recognise and manage stress
- ⚙ Plus many more ... there are too many to list here!

Any learner who completes the course to a satisfactory level, both in participation and passing the assessment, will receive an international qualification.

All of our mental health first aid courses are delivered by fully-accredited instructors, with professional experiences as DSLs, Pastoral Leads or, most importantly, as accredited therapeutic counsellors or coaches.

Our Tutors bring 'real life' interventions (whilst practicing confidentiality) to make the learning on the mental health first aid courses as practical, and applicable, to your work environment.

## Course delivery

**Length:** 4 hours (breaks included)  
Delivered in one, or two sittings, according to your needs either in-person or via Zoom

**No. of delegates:** 16 maximum

**Age of delegates:** 14 years and above

### Course materials:

- ✓ recommended links
- ✓ resource sheet
- ✓ books if ordered



For further information or to book, please contact George Peterkin at:

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