

Level 2 First Aid for Mental Health

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



This qualification is a perfect complement to the Level 2 First Aid for Youth Mental Health with specific modules that focus on adult-focused environments. On top of all the content learnt on either the Level 1 or Level 2 First Aid for Youth Mental Health course, learners will also reflect on the impact of substance abuse has on someone's mental health, as well as what we can do within the workplace when it comes to mental health and wellbeing.

Learners will learn how to recognise and manage stress. Learners will learn about the first aid action plan for mental health and be able to put the plan in place.

Example of topics covered in this course

- ⚙ Stigma surrounding mental health
- ⚙ The impact of substance abuse
- ⚙ How to promote a positive mental health culture in the workplace
- ⚙ Understand when to contact the emergency services
- ⚙ Explore in further detail specific disorders such as depression, suicide and psychosis
- ⚙ 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.

You do not need to have undertaken the Level 1 to attend this course.

Please note that Mind Your Health can offer you both Level 2 qualifications during the same course delivery.

Course delivery

Length: 7 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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