

Level 3 Supervising First Aid for Mental Health



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

This qualification is the highest level a learner can achieve in regards to first aid for mental health. Building on the content from a Level 2 course, learners will explore more mental health disorders and have a deeper understanding of the signs and symptoms of these.

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.

This qualification is suitable for those in leadership positions, or aspirations to be in leadership positions, as well as those already working in pastoral, safeguarding or therapeutic positions.

Example of topics covered in this course

- ⚙ Stigma surrounding mental health
- ⚙ How to promote a positive mental health culture in the workplace
- ⚙ Explore in further detail specific disorders such as personality disorders, bipolar disorder and schizophrenia
- ⚙ Understand the unique forms of support for specific mental health disorders
- ⚙ 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 or 2 to attend this course.

Please note that you can attend a Level 2, and upgrade in the future to a Level 3 by covering the remaining modules.

Course delivery

Length: 12 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: 16 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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