

Emergency Aid Training

First Aid for Mental Health Awareness

½ Day (4 hours)

This course is delivered over 4 hours and is an ideal introduction to the awareness of mental health and when this becomes a problem both in and out of the workplace.

Throughout the duration of the course, attendees will develop the skills and knowledge needed to identify and support people with the most common mental health conditions. They will become aware of the signs and symptoms of mental ill health and learn how to start supportive conversations and provide signposts to professional help. There will be a Certificate of Attendance.

For more information on this course please contact Barbara Jones: 07842165171,
barbara.jones2bj@gmail.com

A range of First Aid for Mental Health related subjects are covered including:

- What is First Aid for Mental Health?
- Reducing the stigma of mental ill health
- Identifying mental health conditions
- Providing advice and starting a conversation
- Reducing the impact and risk of poor mental health
- Signposting to professional help and support
- Common mental health conditions including:
 - Stress
 - Anxiety
 - Depression
 - Self Harm
 - Psychosis
 - Eating Disorders
 - Suicide

