

Rochdale Occupational Health Service Ltd

Mental Health First Aid Courses Level 2 (1-day) & Level 3 (2-day)

We are proud to announce we are now an accredited training centre for **Mental Health First Aid Courses**.

These qualifications are regulated in the UK and awarded by First Aid Awards. FAA are an Awarding Organisation regulated by Ofqual and SQA Accreditation. The qualification sits on the Regulated Qualifications Framework (RQF) and the Scottish Credit and Qualifications Framework (SCQF).

A brief outline of the courses are listed below with a more detailed Course Information Sheet attached.

1-day Level 2 First Aid for Mental Health Course

This course provides learners with the knowledge to recognise a range of mental health conditions, how to start a supportive conversation and when and how to signpost a person to seek appropriate professional help.

Learners will know how to recognise and manage stress and understand the impact of substance abuse. They will learn about the first aid action plan for mental health, be able to put it in place and know how to implement a positive mental health culture in the workplace.

COST: £125.00 + vat per person. (Block booking off-site £750)

2-day Level 3 Supervising First Aid for Mental Health Course

This 12-hour (2 day) qualification 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. 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.

COST: £195.00 + vat per person. (Block booking off-site £1,350)

Please note that learners on any of these courses 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.

The HSE guidance [‘First aid needs assessment’](#) refers to mental health in the workplace, which you may find helpful when deciding which course(s) to choose to fulfil your requirements.

If you are interested in booking a place on one of the course dates scheduled for 2022 please contact us for dates and a booking form.

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Course Information Sheet 1-Day Level 2 Award in First Aid for Mental Health

Aims & Objectives

This 6-hour qualification provides learners with the knowledge to recognise a range of mental health conditions, how to start a supportive conversation and when and how to signpost a person to seek appropriate professional help. Learners will know how to recognise and manage stress and understand the impact of substance abuse. They will learn about the first aid action plan for mental health, be able to put it in place and know 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.

This qualification is regulated in the UK and awarded by First Aid Awards. FAA are an Awarding Organisation regulated by Ofqual and SQA Accreditation. The qualification sits on the Regulated Qualifications Framework (RQF) and the Scottish Credit and Qualifications Framework (SCQF).

| Course Content | Learning Outcomes |
|--|--|
| <ol style="list-style-type: none">1. Introduction2. What is first aid for mental health?3. Identifying mental health conditions4. Providing advice and starting a conversation5. Stress6. Mental health conditions7. Drugs and alcohol8. First aid action plan for mental health - including practical assessment9. Mental health in the workplace10. Assessment and course closure | <ul style="list-style-type: none">• Know what mental health is, why people develop mental health conditions and the role of a First Aider for mental health• Know how to provide advice and practical support for a person presenting a mental health condition• Know how to recognise and manage stress• Know how to recognise a range of mental health conditions• Understand the impact of substance abuse on mental health• Understand the first aid action plan for mental health and be able to put it in place• Know how to implement a positive mental health culture in the workplace |

Assessment & Qualification

The qualification is assessed through a written assessment paper and the practical demonstration of the first aid action plan for mental health.

Learners must successfully pass both parts of the assessment to be awarded the qualification. There is no grading of the assessment; learners pass or are referred.

The qualification is valid for three years from the date of achievement. The learner will need to complete the full course again to requalify for a further three years.

Progression

Learners who achieve this qualification could progress to the FAA Level 3 Award in Supervising First Aid for Mental Health (RQF)/Award in Leading First Aid for Mental Health at SCQF Level 6

Cost of Training

Cost of training is £125.00 + vat per person.

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Course Information Sheet 2-day Level 3 Award in Supervising First Aid for Mental Health

Aims & Objectives

This 12-hour qualification 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. 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.

This qualification is regulated in the UK and awarded by First Aid Awards. FAA are an Awarding Organisation regulated by Ofqual and SQA Accreditation. The qualification sits on the Regulated Qualifications Framework (RQF) and the Scottish Credit and Qualifications Framework (SCQF).

Course Content

Day 1

Day 2

1. Introduction
2. What is first aid for mental health?
3. Identifying mental health conditions
4. Providing advice and starting a conversation
5. Stress
6. Drugs and alcohol
7. First aid action plan for mental health - including practical assessment
8. Mental health in the workplace
9. Depression
10. Anxiety
11. Written assessment – Paper 1

1. Day 1 recap
2. Post-traumatic stress disorder
3. Self-harm
4. Suicide
5. Eating disorders
6. Personality disorders
7. Bipolar disorder
8. Psychosis
9. Schizophrenia
10. Written Assessment – Paper 2
11. Course Closure

Learning Outcomes

- Know what mental health is, why people develop mental health conditions and the role of a First Aider for mental health
- Know how to provide advice and practical support for a person presenting a suspected mental health condition
- Know how to recognise and manage stress
- Understand the impact of substance abuse on mental health
- Understand the first aid action plan for mental health and be able to put it in place
- Know how to implement a positive mental health culture in the workplace
- Understand a range of mental health disorders and the support/therapy provided by professional healthcare providers

Assessment & Qualification

The qualification is assessed through two written assessment papers and the practical demonstration of the first aid action plan for mental health. Learners must successfully pass all parts of the assessment to be awarded the qualification. There is no grading of the assessment; learners pass or are referred.

The qualification is valid for three years from the date of achievement. The learner will need to complete the full course again to requalify for a further three years.

Cost of Training

Cost of training is £195.00 + vat per person.