

Level 3

Course Fact Sheet

Supervising First Aid For Mental Health

Award in Supervising First Aid for Mental Health (RQF).

This course covers the content of Level 1 & 2 but goes into detail on a wide range of Mental Health Conditions covering the support and help provided by healthcare professionals. It is aimed at Trainer or assessors and people with management responsibility for staff in the workplace.

Duration

A minimum of 12 hours tutor contact, over at least two days. The course should be run over two consecutive days, but must be completed within six weeks of starting the course, with each session lasting no less than 2 hours.

How is the qualification assessed?

A range of methods are used, including practical and questioning. (Open and multiple choice)

Syllabus

A range of subjects are covered including: -

- What is First Aid for Mental Health
- Identifying mental health conditions
- Drugs and Alcohol
- First Aid for Mental Health action plan
- Providing Advice and starting a conversation
- Mental Health conditions
- First Aid for Mental Health in the Workplace
- Bi-Polar Disorder
- Personality Disorders
- Anxiety
- Stress
- Depression
- Post-Traumatic Stress Disorder
- Suicide
- Eating Disorders
- Psychosis
- Schizophrenia

Numbers

Due to the nature of this course, a maximum of 16 candidates.
Minimum age of 16 years.

Certification

A Level 3 Award in Supervising First Aid for Mental Health will be issued to the learner, subject to successful assessment. This qualification is valid for three years from the date of achievement. It is strongly recommended that the learner attends annual refresher training. The learner will need to complete the full course again to requalify for a further three years.

Where can this course be taken?

This course can be conducted at your premises or at an external venue
Contact 1st Line Training for further details.

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