



AWARENESS OF FIRST AID FOR MENTAL HEALTH - FAA LEVEL 1 AWARD (RQF)/ LEVEL 4 IN SCOTLAND (SCQF) – Half day

This course is suitable for everyone within a workplace as it provides learners with the knowledge to identify suspected mental health conditions as well as the skills to start a conversation and be able to signpost a person towards professional help.

SYLLABUS

A range of subjects are covered including:

- What is First Aid for Mental Health?
- Identifying mental health conditions
- Providing advice and starting a conversation
- Stress
- Mental health conditions

CLASSROOM-BASED TRAINING

Maximum number of participants: 16.

Minimum learners age: 14. Please request more information for students below age of 18. ID required.

Duration: 1 day (Guided Learning Hours: 4 hours; Total Qualification Time: 5 hours).

Certification: Practical assessment is on-going by the instructor, culminating with a written test. This qualification is valid for 3 years.

Price per delegate: £50. Please ask for group-prices.

DISTANCE LEARNING TRAINING

Maximum number of participants: 20.

Minimum learners age: The minimum age for all online-training at Kate's Training is **18** due to our commitment to safeguarding and online safety. ID required.

Duration: 1 day (Guided Learning Hours: 2 hours; Total Qualification Time: 5 hours).

Requirements: Laptop/PC with camera (students must be seen), no background noises, stable internet connection.

Certification: On-going Assessment throughout the training with the trainer, pre-work required and professional one-to-one discussion with the trainer. The certification is valid for 3 years from the date of issue.

Price per delegate: £50. Please ask for group prices.

FIRST AID FOR MENTAL HEALTH - FAA LEVEL 2 AWARD (RQF)/ LEVEL 5 IN SCOTLAND (SCQF)

This 1-Day course covers the content of the Level 1 course but also expands on the effects of drugs and alcohol, incorporates the First for Mental Health Action Plan and covers ways in which a positive mental health culture can be supported within a workplace.

SYLLABUS

A range of subjects are covered including:

- What is First Aid for Mental Health
- Identifying mental health conditions
- Providing advice and starting a conversation
- Stress
- Mental health conditions
- Drugs and alcohol
- First Aid for Mental Health action plan
- First Aid for Mental Health in the workplace

CLASSROOM-BASED TRAINING

Maximum number of participants: 16.

Minimum learners age: 14. Please request more information for students below age of 18. ID required.

Duration: 1 day (Guided Learning Hours: 6 hours; Total Qualification Time: 7 hours).

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Certification: Practical assessment is on-going by the instructor, culminating with a written test. This qualification is valid for 3 years.

Price per delegate: £90. Please ask for group-prices. Please

DISTANCE LEARNING TRAINING

Maximum number of participants: 20.

Minimum learners age: The minimum age for all online-training at Kate's Training is **18** due to our commitment to safeguarding and online safety. ID required.

Duration: 1 day (Guided Learning Hours: 3 hours; Total Qualification Time: 7 hours).

Requirements: Laptop/PC with camera (students must be seen), no background noises, stable internet connection.

Certification: On-going Assessment throughout the training with the trainer, pre-work required and professional one-to-one discussion with the trainer. The certification is valid for 3 years from the date of issue.

Price per delegate: £90. Please ask for group prices.

SUPERVISING FIRST AID FOR MENTAL HEALTH - FAA LEVEL 3 AWARD (RQF)/ LEVEL 6 IN SCOTLAND (SCQF)

Each year employers are losing significant amount of work-time due to mental health related problems of the employees, mainly due to stress. This is why a role of First Aider For Mental Health has been introduced. This role would be a single point contact at work-place for employees to be able to talk confidentially about mental health problems. It would also be beneficial for managers to seek advice from the Supervisors for First Aid Health, how to support employees with different mental health condition and how to deal with legal requirements at work.

This 2-day course goes into detail on a wide range of mental health conditions and the support and help provided by healthcare professionals. It covers the content of both the Level 1 and Level 2 qualifications but is aimed at Trainer/Assessor and/or supervisor level within the workplace.

SYLLABUS

A range of subjects are covered including:

What is First Aid for Mental Health? Identifying mental health conditions. Providing advice and starting a conversation. Stress. Mental health conditions. Drugs and alcohol. First Aid for Mental Health action plan. First Aid for Mental Health in the workplace. Anxiety. Depression. Post-traumatic disorder (PTSD). Self-harm. Suicide. Eating disorders. Personality disorders. Bipolar disorder. Psychosis. Schizophrenia. .

CLASSROOM-BASED TRAINING

Maximum number of participants: 16.

Minimum learners age: 16. ID required.

Duration: 2-day training (Guided Learning Hours: 12 hours; Total Qualification Time: 14 hours).

Certification: Assessment is on-going by the instructor, culminating with a written test on Day 1 and Day 2. This qualification is valid for 3 years.

Price per delegate: £200. Please ask for group-prices. Please

DISTANCE LEARNING TRAINING

Maximum number of participants: 20.

Minimum learners age: The minimum age for all online-training at Kate's Training is **18** due to our commitment to safeguarding and online safety. ID required.

Duration: 2- day (Guided Learning Hours: 6 hours; Total Qualification Time: 14 hours).

Requirements: Laptop/PC with camera (students must be seen), no background noises, stable internet connection.

Certification: On-going Assessment throughout the training with the trainer, pre-work required and professional one-to-one discussion with the trainer. The certification is valid for 3 years from the date of issue.

Price per delegate: £200. Please ask for group prices.



We offer price-match. Please request for group-prices. If you are unsure what type of training you require for your organisation please book a free consultation. Please book a course or request more information by clicking the red button below