



Corinium
Training

Level 1 - Awareness of First Aid for Mental Health

Duration: 4 hours

Each year approximately 1 in 4 people in the UK will experience a mental health condition, and at least 1 in 6 employees experience common mental health problems in the workplace. This 4-hour course is aimed at providing learners with the knowledge to identify suspected mental health conditions and the skills to start a conversation and be able to signpost the person towards professional help.

Course Content

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

- What is First Aid for Mental Health?
- Identifying mental health conditions, e.g.
 - Anxiety
 - Depression
 - Eating Disorders
 - Psychosis
 - Self-Harm
 - Stress
 - Suicide
- Providing advice and starting a conversation

Assessment

- This qualification is assessed with practical/verbal questioning and a short written assessment paper.
- A Level 1 Award in Awareness for First Aid for Mental Health will be issued to the learner, subject to successful assessment.
- There is no expiry of the qualification, but annual refresher training is recommended.

Other

- All delegates will receive a First Aid manual as part of their training.
- This is an Ofqual regulated course.