



AWARD WINNING FIRST AID TRAINING

Giving you the confidence to help save life

Course Profile

Mental Health First Aider

Duration

9.30am – 5.30pm 2 Days

The course aims to teach delegates an in- depth understanding of mental health and factors that can affect well-being.

Handling 'crisis' situations is covered as well as recognising and responding to some of the more common conditions and triggers that may be encountered at workplace.

Objectives

On completion of the course, delegates will be able to recognise and deal with:

- The role of a Mental Health First Aider
- Managing an Emergency situation
- Administer First Aid calming techniques
- Understanding the signs and symptoms
- Give support and assurances
- Provide a pathway for further support

Prerequisites

NIL

Group discounts available if booked with other First Aid courses.

Ask your sales Representative or call us

Suitability

This course is designed for people who want to receive training in Mental Health first aid and is especially suited for nominated first aiders, HR and personal well-being coaches in smaller, low risk working environments

Typical Interest Groups

Retail Staff, Restaurants, Resort Staff Librarians, Teachers, Store Person's, Drivers, Care Assistants, Parents, Childminders, Child Care Settings, Sports

Qualification

On satisfactory completion of the course, delegates will receive a certificate of completion which is valid for three years.

Course Size

Maximum of 12 candidates

Course Cost

£150 per person or £699 per group

Please contact us on:

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