



JPF
First Aid

First Aid for Mental Health Level 2 Qualification 1-Day Course - (Minimum 6-Hours)

Course Information:

Unit: First Aid for Mental Health

This 1-day course not only covers the content of the Level 1 qualification however this also expands on the effects of drugs and alcohol, incorporates the First Aid for Mental Health action plan as well as covering the ways in which a positive mental health culture can be supported in the workplace.

Duration:

This course is for a minimum of 6 hours and can be completed face to face or via a distance learning delivery option.

Certification:

Assessment is completed via a range of methods including practical and questioning (open and multiple choice).

Upon successful completion the certificate is valid for three years from the achievement date, where the learner will receive a Level 2 Award in First Aid for Mental Health.

The learner will need to complete the full course again to requalify for a further three years.

Course content provided via Nuco Training as an Approved Instructor.

Content covered on the course:

- 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

07942 580806



enquiries-jpffirstaid@outlook.com or training@jpffirstaid.co.uk



www.jpffirstaid.co.uk



Office 112A, Inside Watling Court Orbital Plaza (Regus)



Watling St, Cannock, WS11 0DQ

John Fogarty trading as JPF First Aid.
Company registered at 1310 Birmingham Business Park,
Birmingham, B37 7BF



Trainer/Assessor Registered Number 1088