



Supervising First Aid for Mental Health Level 3 Qualification 2-Day Course - (Minimum 12-Hours)

Course Information:

Unit: Supervising First Aid for Mental Health

This 2-day course covers a wide range of mental health conditions going into detail as well as the support/help provided by healthcare professionals. This qualification covers the content within the level 1 and 2 qualifications, however, is aimed at supervisory level within the workplace including trainers and assessors.

Duration:

This course is for a minimum of 12 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 3 Award in Supervising 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
- Depression / anxiety
- Post-traumatic stress disorder
- Self-harm / suicide
- Eating and personality disorders
- Bipolar disorders
- Psychosis
- Schizophrenia

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Trainer/Assessor Registered Number 1088