

LEVEL 3

soa safety

MENTAL HEALTH



Level 3 Award in Supervising First Aid for Mental Health

Overview

This course builds on the Level 2 Award in First Aid for Mental Health and covers a wider range of mental health conditions and goes into detail on the range of therapy and professional support that a person may be given by professional bodies during treatment for a mental health condition.

Who should attend

The course is suitable for all persons within a workplace but is aimed at those who hold a supervisory/managerial level position and who have responsibility for implementing a positive mental health culture and responsibility for First Aid for Mental Health within an organisation. Delegates must be a minimum age of 16

After this course you will...

- Know what mental health is, why people develop mental health conditions and the role of a First Aider for mental health
- Know how to provide advice and practical support for a person presenting a suspected mental health condition
- Know how to recognise and manage stress
- Understand the impact of substance abuse on mental health
- Understand the first aid action plan for mental health and be able to put it in place
- Know how to implement a positive mental health culture in the workplace
- Understand a range of mental health disorders and the support/therapy provided by professional healthcare providers

Details

Course Type: Health and Welfare Training

Duration: 12 hours

Price: £175.00 + VAT

Upcoming dates

Dalton-in-Furness 23 Jul 2019 (09:30 - 16:30)

Dalton-in-Furness 17 Sep 2019 (09:30 - 16:30)

Dalton-in-Furness 21 Nov 2019 (09:30 - 16:30)

For more dates please contact us

Course outline

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

Get in touch

SOA aims to develop a relationship with all our clients; we want to understand your aims and priorities as well as your vision and values. For a free no obligation meeting please get in touch; (T) +44(0) 1229 808 320; (E) info@soasafety.co.uk; (W) www.soasafety.co.uk