

L 3 First Aid for Mental Health

Two Day (12 Hour) Course



12 Hrs



In-House



Overview

Our L3 First Aid for Mental Health course is designed for those requiring a more in depth and comprehensive knowledge of MHFA and is delivered by an expert with hands on MHFA knowledge. This course can be tailored to your business needs:

- A thorough understanding of mental health and mental illness
- How to provide **advice and support** for a person presenting a mental health condition
- How to recognise a range of mental health conditions
- The **first aid for mental health action plan** and how to utilise it
- The impact of **substance abuse** on mental health
- How to implement a **positive mental health culture in the workplace and support colleagues**
- An understanding of a range of mental health disorders and the **support / therapy** provided by healthcare professionals

Cost

In-House course - from £108 per person

Format

- **Two day practical bespoke course**
- The course is built around the first aid for mental health action plan
- To ensure that all learners can receive the right amount of support and contact time from their trainer, we **limit numbers to 16 people per course**

This course is for:

Our L3 First Aid for Mental Health First Aid Course is a bespoke course tailored to your needs. It is designed for those working in or supporting colleagues in a role that could involve potentially distressing situations or working with those with mental health difficulties, such as children's and young adults' homes, schools, care, respite, and emergency situations.

Course content

Day 1:

- What is first aid for mental health
- Identifying mental health conditions
- Providing advice & starting a conversation
- Stress
- Drugs & alcohol
- First aid action plan for mental health
- Mental health in the workplace
- Depression
- Anxiety

Day 2:

- Post-traumatic stress disorder
- Self-harm
- Suicide
- Eating disorders
- Personality disorders
- Bipolar disorder
- Psychosis
- Schizophrenia

Availability

In-House courses are available at your workplace across the UK

The course takes place on a date and time of your choosing

Duration

This is a **2 day** course

(**12 hours** including breaks)

Assessment

Learners will be **continuously assessed** by our instructor throughout the course, and there will be a **written assessment** on each day

Certification

On completion of the course learners receive a Level 3 in First Aid for Mental Health.

Certificate valid for 3 years

To book a course or for more information, call us today on **0300 3020 999** or visit www.tigerlilytraining.co.uk