

## 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](http://www.tigerlilytraining.co.uk)**