

FAA Level 3 Award in Supervising First Aid for Mental Health (RQF)



Course Description

This course goes into detail on a wide range of mental health conditions and the support and help provided by healthcare professionals.

It covers the content of both the Level 1 and Level 2 qualifications but is aimed at Trainer/Assessors and/or supervisor level within the workplace.

Who Should Attend?

All members of the public can benefit from this course and it is a good introduction to First Aid for Mental Health. Candidates taking this course will receive the most thorough possible grounding in mental health issues and the ways in which they impact on the workplace.

Course Information

Two Day Course

A range of First Aid for Mental Health related subjects are covered including:

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

Level 3 Award in Supervising First Aid for Mental Health will be issued to the learner, subject to successful assessment. This qualification is valid for three years from the date of achievement.