

Supervising First Aid For Mental Health – Level 3

Training delivered at our Corby training centre or on your site by qualified & experienced medical instructors. Training includes nationally accredited certification awarded on successful completion. Course advisable for companies seeking HSE compliance & management of workplace mental health.

COURSE AIM:

To enable delegates to manage workplace mental health issues.

PRE-REQUISITES:

Minimum of level 2 English language.

WHO SHOULD ATTEND: Any person responsible for managing workplace mental health issues.

Due to the sensitive nature of training, it is highly recommended that workplaces select responsible persons carefully. Strength in character & good communication skills is essential for this workplace role.

COURSE CONTENT: Role of the mental health first aider, creating & implementing workplace mental health policy. Additionally:

- identifying signs/symptoms of mental ill-health
- starting a supportive conversation
- implementing supportive workplace culture
- review of mental ill-health conditions including: Depression, Stress, PTSD, Self-harm, Suicide, Eating disorders, Personality disorders, Bipolar disorder, Anxiety, Psychosis, Schizophrenia
- sourcing & directing individual to support
- implications of use of substances
- workplace support to individual needs

PRACTICAL CONTENT:

- Demonstration of supportive communication skills

ASSESSMENTS: Question Paper & Practical Exercise

COURSE DURATION: 2 Day's

REQUALIFICATION:

- Re-sit 2 day Supervising First Aid For Mental Health every 3 years

MAXIMUM DELEGATES: 12

COURSE COST: £180+VAT per delegate

2026 COURSE DATES LISTED ON OUR WEBSITE