



First Aid for Mental Health – Level 2 RQF

This 1-Day course covers ways in which a positive mental health culture can be supported within a workplace.

Suitable For:

All personnel in all industries.

Course Content:

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

A range of assessment methods are used, including practical and questioning (open and multiple-choice).

Venue: Either on-site at clients' own premises or at ITS Training Centre

Duration: 1 Day

Candidates: Up to 16 per course

Certification: FAA Certification / Level 2 Award