



COURSE SYLLABUS

Supervising First Aid for Mental Health – Level 3 RQF

This 2-Day course goes into detail on a wide range of mental health conditions and the support and help provided by healthcare professionals.

Suitable For:

All personnel in all industries, but aimed towards those in a supervisory/managerial position.

Course Content:

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

- What is First Aid for Mental Health?
- Post-traumatic stress disorder
- Identifying mental health conditions
- Self-harm
- Providing advice and starting a conversation
- Suicide
- Stress
- Eating disorders
- Mental health conditions
- Personality disorders
- Drugs and alcohol
- Bipolar disorder
- First Aid for Mental Health action plan
- Psychosis
- First Aid for Mental Health in the workplace
- Schizophrenia
- Depression
- Anxiety

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: 2 Days

Candidates: Up to 16 per course

Certification: FAA Certification / Level 3 Award