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## **Course Outline**

### **FIRST AID FOR MENTAL HEALTH**

Course length: 1 day

Qualification: Attendance certificate

Syllabus:

- Module 1 – Introduction
- Module 2 – What is first aid for mental health
- Module 3 – Identifying mental health conditions
- Module 4 – Providing advice and starting a conversation
- Module 5 – Stress
- Module 6 – Mental health conditions
- Module 7 – Drugs and alcohol
- Module 8 – First aid action plan for mental health
- Module 9 – Mental health in the workplace
- Module 10 - Assessment

Cost: £75 per person + VAT on open courses

£75 per person (min charge of £450) + VAT for in-house courses

