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## **Course Outline**

### **MENTAL HEALTH AWARENESS**

Course length: ½ 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 – Assessment

Cost: £50 per person + VAT on open courses

£50 per person (min charge of £300) + VAT for in-house courses