
Course Outline

Emergency response for mental health **In the workplace**

Course length: 2 day

Qualification: Level 2 RQF 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 – Drugs and alcohol
- Module 7 – First aid action plan for mental health
- Module 8 – Mental health in the workplace
- Module 9 – Depression
- Module 10 - Anxiety
- Module 11 - Assessment

Cost: £140 per person + VAT on open courses

£140 per person (min charge of £840) + VAT for in-house courses



TQUK approved training centre



Highfield approved training centre



RSPH approved training centre