



L3 Award in Supervising First Aid for Mental Health (Part-Time)

Mental health issues in the workplace exist and effect all individuals. Businesses are now, more than ever, encouraged to take ownership of employee wellbeing and we can help you achieve this.

The course encompasses the content of the Level 1 and Level 2 First Aid for Mental Health courses and incorporates the first aid action plan for mental health and how to implement a positive mental health culture in the workplace. Learners will gain the knowledge to identify when a person may have a mental health condition and know where they can go to get help.

This course covers the following topics:

- What is First Aid for Mental Health
- Identifying mental health conditions
- Providing advice and starting a conversation
- First Aid for Mental Health action plan
- First Aid for Mental Health in the workplace
- Stress, anxiety, depression & suicide
- Eating disorders
- Psychosis
- Personality disorder
- Schizophrenia
- Self harm
- Drugs and alcohol
- PTSD
- Bipolar disorder

Entry Requirements

This qualification is available to learners aged 18 years or over. Learners must have the literacy skills to be able to read and self-learn the reference manual and additional resources.

The learner will need access to a computer with an internet connection in order to access the distance learning

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Canolfan Adeiladwaith Abertawe

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Llandarcy Academy of Sport
Maesteg Construction Centre of Excellence
Neath College
Newtown College
Pontardawe College
Swansea Construction Centre



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resources and communicate with the Trainer/Assessor.

Career Prospects

This course is suitable for trainers, assessors and supervisors who want to gain an awareness of mental health first aid in the workplace.

Course Modules

This course covers the following topics:

- What is First Aid for Mental Health
- Identifying mental health conditions
- Providing advice and starting a conversation
- First Aid for Mental Health action plan
- First Aid for Mental Health in the workplace
- Stress, anxiety, depression & suicide
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- Schizophrenia
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Assessment

The qualification is assessed by a professional discussion with the Trainer/Assessor and evidenced by a recorded video call.

STUDY MODE

PT

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LOCATION

Neath College - 0330 818 8100

Newtown College - 0330 818 8100

COURSE LENGTH

2D

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