



Level 1 Awareness of First Aid for Mental Health (Part-Time: Online Delivery)

Mental health issues in the workplace exist and affect all individuals. Businesses are now, more than ever, encouraged to take ownership of employee wellbeing and we can help you achieve this. Our awareness course will provide staff with the confidence to know what mental health is and how to recognise, provide advice and support various conditions.

This course covers the following topics:

- What mental health is and why people develop mental health conditions
- The role of a First Aider to support mental health
- How to provide advice and practical support for a person presenting a mental health condition
- How to recognise and manage stress
- How to recognise a range of mental health conditions

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 resources and communicate with the Trainer/Assessor.

Career Prospects

Provides learners with the confidence to know what mental health is and how to recognise, provide advice and support various conditions in any environment.

Course Modules

Funding is available for this course, please get in touch to find out more

Coleg Afan
Coleg Bannau Brycheiniog
Academi Chwaraeon Llandarcy
Canolfan Ragoriaeth Adeiladwaith Maesteg
Coleg Castell-nedd
Coleg Y Drenewydd
Coleg Pontardawe
Canolfan Adeiladwaith Abertawe

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





Assessment

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

STUDY MODE

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LOCATION

Neath College - 0330 818 8100

COURSE LENGTH

1D

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