



# Supervising First Aid for Mental Health

Raising awareness of mental health for supervisors creates the knowledge and understanding used to reduce stigma of such issues in the workplace by providing suitable responses.

## Course Overview

This course goes into detail on a wide range of mental health conditions and the support and help provided by healthcare professionals. It covers the content of both the Level 1 and Level 2 qualifications, but is aimed at trainer/assessors and/or supervisor level within the workplace.

## Course Syllabus

A range of First Aid for Mental Health related subjects are covered including:

- What is First Aid for Mental Health?
- Post-traumatic stress disorder
- Identifying mental health conditions
- Self-harm
- Providing advice and starting a conversation
- Suicide
- Stress
- Eating disorders
- Mental health conditions
- Personality disorders
- Drugs and alcohol
- Bipolar disorder
- First Aid for Mental Health action plan
- Psychosis
- First Aid for Mental Health in the workplace
- Schizophrenia
- Depression
- Anxiety

# frequently asked questions...

## The Course

<b>Course Delivery</b>	This course is available as a Tailored or Open course
<b>Accreditation</b>	NUCO
<b>Course Length</b>	2 days
<b>Start / Finish Times</b>	Typically 8.30am to 4.30pm each day
<b>Maximum Group Size</b>	16
<b>Tailored To Requirements</b>	Yes - please provide specific information at the booking time
<b>Course Material</b>	Everything is provided on the day

## Certification

<b>Is there an assessment?</b>	Multiple choice question paper and practical assessment
<b>Are certificates issued?</b>	Yes
<b>Valid for?</b>	No expiry date although an annual refresher is recommended
<b>When/how are they available?</b>	Available for download from the NUK website upon completion

## The Delegates

<b>Prerequisites</b>	Delegates must have a good understanding of written and verbal English
<b>Delegate to Provide</b>	This will be confirmed at the point of booking

## The Venue

<b>Course Location</b>	At a venue of your choice or a Now U Know Training Centre
<b>Venue Requirements</b>	Please inform us of any mobility concerns
<b>Non-NUK Venues</b>	Must have adequate space, lighting, seating, welfare and a 240v socket Please call to discuss if you require the practical session
<b>Refreshments at NUK Venues</b>	Available on request