



Awareness of First Aid for Mental Health

Mental Health disorders are among the leading causes of ill-health and deaths in the UK alone. Awareness of First Aid for Mental Health provides the opportunity to recognise and support a healthy work-life balance.

Course Overview

This course is aimed at providing learners with the knowledge to identify suspected mental health conditions, the skills to start a conversation and to be able to signpost the person towards professional help.

Course Syllabus

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

- What is First Aid for Mental Health?
- Identifying mental health conditions
- Providing advice and starting a conversation
- Stress
- Mental health Conditions

frequently asked questions...

The Course

Course Delivery	This course is available as a Tailored or Open course
Accreditation	NUCO
Course Length	Half day - minimum of 4 hours
Start / Finish Times	Typically 8.30am to 12.30pm
Maximum Group Size	16
Tailored To Requirements	Yes - please provide specific information at the booking time
Course Material	Everything is provided on the day

Certification

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

The Delegates

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

The Venue

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