



# Level 2 Award in 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.

This course encompasses the content of the FAA Level 1 Awareness for First Aid for Mental Health and expands on the effects of drugs and alcohol, incorporates the First Aid for Mental Health Action Plan and covers ways in which a positive mental health culture can be supported within a workplace.

## 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

This course is suitable for those who want to gain a deeper awareness of mental health first aid in the workplace.

## Course Modules

This course covers:

- What is First Aid for Mental Health?
- Identifying mental health conditions
- Providing advice and starting a conversation
- Stress
- Mental health conditions
- Drugs and alcohol
- First Aid for Mental Health action plan
- First Aid for Mental Health in the workplace



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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

SC

## LOCATION

Neath College - 03308 188 100

## COURSE LENGTH

1 Day

## FEES

19/20 fees: £105

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