



# Mental Health First Aid Awareness

For any member of staff working in any workplace environment. To develop an understanding of Mental Health and to be able to use this knowledge to handle stressful situations, to lessen workplace absenteeism, and to be able to support others with mental health needs.

**Duration:** 2.5 - 3 Hours

**Course Content:**

- Introduction to Mental Health
- Mental Health conditions
- Stigma associated with Mental Health
- Stress Distress and Management methods
- Factors affecting Mental Health
- Supporting yourself and others
- Helpful resources

**Certification:**

At the end of the course each learner is presented with a certificate of completion for their training records. This should be refreshed on a regular basis.

**Assessment:**

Each learner is assessed for their understanding continually throughout the course.

**Maximum group size:**

Up to 16 people

**Cost:**

Please contact us for further details

