

# AWARENESS OF FIRST AID FOR MENTAL HEALTH

LEVEL 1

DURATION: HALF DAY

PARTICIPANTS: 16

**CTG**  
GROUP

**CORPORATE  
TRAINING  
GYM**

## AIMS

- Provide you with the knowledge to identify suspected mental health conditions and the skills to start a conversation surrounding mental health
- Understand the first aid action plan for mental health
- Assist you in implementing a positive mental health culture in the workplace

## KEY ELEMENTS

- Gaining an understanding of first aid for mental health
- Identifying and exploring mental health conditions
- Providing advice and starting a conversation
- Understanding stress
- Drugs and alcohol
- First Aid for Mental Health Action Plan
- First Aid for Mental Health in the Workplace

Each year approximately 1 in 4 people in the UK will experience a mental health condition and at least 1 in 6 employees experience common mental health problems in the workplace. Research has shown that work is the biggest cause of stress which can stop people performing at their best. Mental health conditions are often hidden due to stigma and fear of discrimination and research has shown that a culture of fear and silence around mental health is costly to employers.

This course will provide you with the knowledge to identify suspected mental health conditions and the skills to start a conversation surrounding mental health. A Level 1 Award in Awareness of First Aid for Mental Health will be issued to the learner, subject to successful assessment, valid for three years.

# FIRST AID FOR MENTAL HEALTH

LEVEL 2

**CORPORATE  
TRAINING  
GYM**

**DURATION: ONE DAY**

**PARTICIPANTS: 16**

## AIMS

- Provide you with the knowledge to identify suspected mental health conditions and the skills to start a conversation surrounding mental health
- Understand the first aid action plan for mental health
- Assist you in implementing a positive mental health culture in the workplace

## KEY ELEMENTS

- Gaining an understanding of first aid for mental health
- Identifying and exploring mental health conditions
- Providing advice and starting a conversation
- Understanding stress
- Drugs and alcohol
- First Aid for Mental Health Action Plan
- First Aid for Mental Health in the Workplace

Each year approximately 1 in 4 people in the UK will experience a mental health condition and at least 1 in 6 employees experience common mental health problems in the workplace. Research has shown that work is the biggest cause of stress which can stop people performing at their best. Mental health conditions are often hidden due to stigma and fear of discrimination and research has shown that a culture of fear and silence around mental health is costly to employers.

This course has been designed to help employers to provide a positive mental health culture within the workplace and to provide learners with comprehensive knowledge on a range of the most common mental health conditions and the skills to be able to act should a condition be suspected. A Level 2 Award in First Aid for Mental Health will be issued to the learner, subject to successful assessment, valid for three years.

# SUPERVISING/ LEADING FIRST AID FOR MENTAL HEALTH

LEVEL 3

DURATION: 4 x 3 hours

PARTICIPANTS: 16

**CTG**  
GROUP

**CORPORATE  
TRAINING  
GYM**

## AIMS

- Provide you with the knowledge to recognise a wide range of mental health conditions and the support/therapy provided by professional health care providers
- Gain the skills to start a supportive conversation surrounding mental health and signpost a person to seek appropriate professional help
- Understand the first aid action plan for mental health
- Assist you in implementing a positive mental health culture in the workplace
- Be able to recognise and manage stress and understand the impact of substance abuse

## KEY ELEMENTS

- Gaining an understanding of first aid for mental health
- Identifying and exploring mental health conditions
- Providing advice and starting a conversation
- Understanding stress
- Drugs and alcohol
- First Aid for Mental Health Action Plan
- First Aid for Mental Health in the workplace
- Depression, Post-traumatic stress disorder, Self-harm, Suicide, Eating disorders, Personality disorders, Bipolar disorder, Psychosis, Schizophrenia, and Anxiety

Each year approximately 1 in 4 people in the UK will experience a mental health condition and at least 1 in 6 employees experience common mental health problems in the workplace. Research has shown that work is the biggest cause of stress which can stop people performing at their best. Mental health conditions are often hidden due to stigma and fear of discrimination and research has shown that a culture of fear and silence around mental health is costly to employers.

The Health and Safety Executive (HSE) guidance 'First aid needs assessment' refers to mental health in the workplace. A Level 3 Award in Supervising First Aid for Mental Health will be issued to the learner, subject to successful assessment and is valid for three years.

## COURSE COST & COMPARISON

Course Name	Awareness of First Aid for Mental Health	First Aid for Mental Health	Supervising/Leading First Aid for Mental Health
<b>Level</b>	1	2	3
<b>Duration</b>	Half day	1 day	4 x 3 hour sessions
<b>Cost</b>	£695	£1,350	£2,250
<b>Course Details and Areas Covered</b>	<ol style="list-style-type: none"> <li>1. What is First Aid for Mental Health?</li> <li>2. Identifying Mental Health Conditions</li> <li>3. Providing advice and starting a conversation</li> <li>4. Stress</li> <li>5. Mental Health Conditions</li> </ol>	<ol style="list-style-type: none"> <li>1. What is First Aid for Mental Health?</li> <li>2. Identifying Mental Health Conditions</li> <li>3. Providing advice and starting a conversation</li> <li>4. Stress</li> <li>5. Mental Health Conditions</li> <li>6. Drugs and Alcohol</li> <li>7. First Aid for Mental Health Action Plan</li> <li>8. First Aid for Mental Health in the workplace</li> </ol>	<ol style="list-style-type: none"> <li>1. What is First Aid for Mental Health?</li> <li>2. Identifying Mental Health Conditions</li> <li>3. Providing advice and starting a conversation</li> <li>4. Stress</li> <li>5. Mental Health Conditions</li> <li>6. Drugs and Alcohol</li> <li>7. First Aid for Mental Health Action Plan</li> <li>8. First Aid for Mental Health in the workplace</li> <li>9. Discussing a range of Mental Health Conditions in detail including: Depression, Post-traumatic stress disorder, Self-harm, Suicide, Eating disorders, Personality disorders, Bipolar disorder, Psychosis, Schizophrenia, Anxiety</li> </ol>

Learners on all 3 courses will not diagnose or treat mental health conditions as this can only be carried out by healthcare professionals but will gain the knowledge to identify when a person may have a condition and know where they can go to get help.

To discuss your place on our courses, please email

[info@ctggroup.co](mailto:info@ctggroup.co)