

# Level 2 - First Aid for Mental Health

Wellbeing is now in the Ofsted framework. Having at least one member of staff in your school trained in Mental Health First Aid contributes massively to this agenda.

**Course Outcomes:** This one day course will cover the content of the Level 1 course, and will also expand course members' knowledge on the effects of drugs and alcohol, understand the First Aid for Mental Health Action Plan and how to support a positive mental health culture within your setting.

**Certification:** The qualification is valid for three years from the date of achievement. It is strongly recommended that the learner attends annual refresher training. The learner will need to complete the full course again to re-qualify for a further three years.



**Skills on  
completion  
of the course:**

You will become a  
First Aider for Mental  
Health.

**Level 2 Accredited  
Course**



**Ofqual** Office of  
Qualifications  
and Examinations  
Regulation

**£99.00** per person

## Course content

- ✓ Why do people develop mental health issues
- ✓ Learn strategies to offer support and advice
- ✓ Recognise & management of stress
- ✓ Recognising mental health conditions
- ✓ Understanding substance abuse,
- ✓ Understanding the first aid action plan
- ✓ Creating a positive mental health culture