

Level 3 - 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 two day course will cover content of both the Level 1 and Level 2 qualifications but candidates will also be able to supervise First Aid for Mental Health and their First Aiders for Mental Health within their setting. Course members will gain a greater understanding of the wide range of mental health conditions and the support and help that is provided by healthcare professionals.

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 supervisor of First Aid for Mental Health and First Aid for Mental Health Practitioners in your setting.

**Level 3 Accredited
Course**



Ofqual Office of
Qualifications
and Examinations
Regulation

Course content

- ✓ Know what mental health is, why people develop mental health conditions and the role of the first aid for mental health
- ✓ Know how to provide advice and practical support for a person presenting a suspected mental health condition
- ✓ Know how to recognise and manage stress
- ✓ Understand the impact of substance abuse on mental health
- ✓ Understand the first aid action plan for mental health and be able to put it into place
- ✓ Know how to implement a positive mental health culture in the workplace
- ✓ Understand a range of mental health disorders and support/therapy provided by professional healthcare providers

£249 per person