

OfQual Level 1 First Aid for Mental Health



What is it?

This is a basic 4 hour course in First Aid for Mental Health.

This course is aimed at:

- Parents, Teachers, Careworkers and individuals
- Workplaces - Aimed at all employees, this course is suitable for anyone looking to help implement better mental wellbeing practices within the workplace
- Young people aged 14 and over

How is it delivered?

It is an online course that takes around 3 hours to complete, however you can save your progress at any time and log in and out whenever suits you.

How do you complete the course?

The course is interactive with group and individual activities throughout. To complete the course, you must show a good level of participation, understanding through answering questions during the session and complete all additional homework activities. Upon completion you will receive your OfQual L1 Certificate

Course Outcomes

At the end of the course, you will be able to:

- Define mental health and understand different things that can affect someone's mental wellbeing
- Identify signs of various mental health issues using the techniques and skills discussed
- Know how to provide practical advice and support to someone suffering mental ill-health
- Understand why people develop mental ill-health

Cost

Contact us for pricing – discounts are available for group bookings of 6-12 people.

enquiries@shawmind.org or call **01636 600830**