

# First Aid for Mental Health



## About the course

NUCO First aid for mental health is an internationally recognised training course, designed to teach people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis.

First aiders for mental health have...

- An in depth understanding of mental health and the factors that can affect wellbeing
- Practical skills to spot the triggers and signs of mental health issues
- Confidence to step in, reassure and support a person in distress
- Enhanced interpersonal skills such as non-judgmental listening
- Knowledge to help someone recover their health by guiding them to further support

Business benefits...

- Raises awareness and mental health literacy
- Reduces stigma around mental ill health
- Helps to guide people towards appropriate support
- Boosts knowledge and confidence in dealing with mental health issues
- Promotes early intervention which enables recovery
- Promotes wellbeing within your workforce and improves company culture



## Course content

Includes...

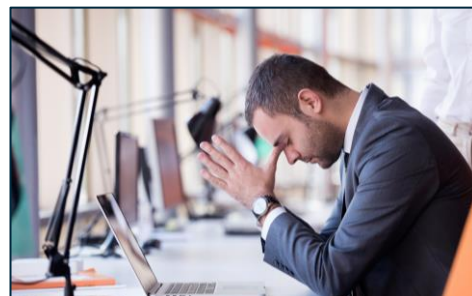
- Identifying mental health conditions
- Drugs and alcohol
- Providing advice and starting a conversation.
- Action planning

**Please see over the page for details**



## Assessing learning outcomes

- The course concludes with a written assessment paper



## Course duration

- 1 day



## Refresher training

- Certification should be renewed after 3 years



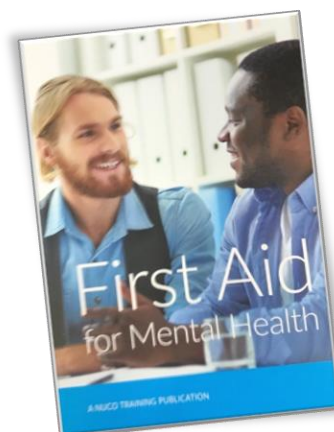
## Please bring

- An open mind and willingness to discuss difficult topics



## Publication(s)

- Delegates will be issued with a NUCO First Aid for Mental Health handbook



Visit [www.hcssafety.co.uk](http://www.hcssafety.co.uk) for dates and prices



# First Aid for Mental Health



## Course programme guide

### Session 1

- Introduction
- What is first aid for mental health?
- Identifying mental health conditions
- Providing advice, starting a conversation
- Stress
- Drugs and Alcohol
- First aid action plan for mental health

### Session 2

- Action plan continued
- Mental health in the workplace
- Depression
- Anxiety
- Assessment paper
- End of day round up



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