

Supervising 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

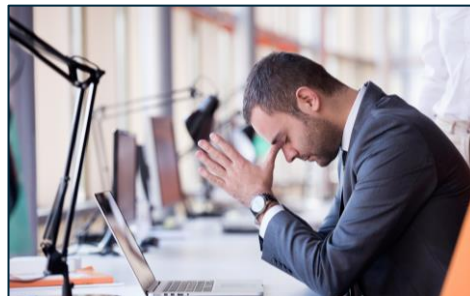
- Mental health conditions: Depression
- Suicidal crisis.
- Anxiety, personality disorders, eating disorders and self-harm.
- Psychosis, schizophrenia and bipolar disorder.

Please see over the page for details



Assessing learning outcomes

- The course concludes each day with a written assessment paper



Course duration

- 2 days



Refresher training

- Certification should be renewed after 3 years



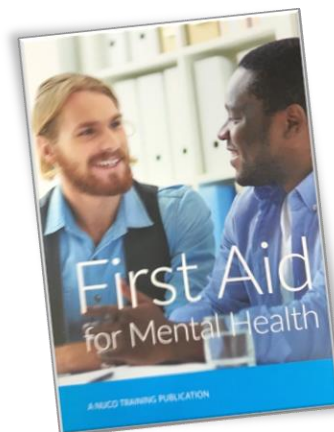
Please bring

- 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 for dates and prices



Supervising First Aid for Mental Health



Course programme guide

Day 1 - Morning

- 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

Day 1 - Afternoon

- Action plan continued
- Mental health in the workplace
- Depression
- Anxiety
- Assessment paper

Day 2 – Morning

- Introduction and day 1 recap
- Post-traumatic stress disorder
- Self-harm
- Suicide
- Eating disorders

Day 2 – Afternoon

- Personality Disorders
- Bipolar Disorder
- Psychosis
- Schizophrenia
- Assessment paper



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