

First Aid for Mental Health

1 day course

What is First Aid for Mental Health?

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.

Everyone on an Adult NUCO course is taught a set of skills which enables them to support someone experiencing mental health issues.

First aiders for mental health are an asset to any business - they 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-judgemental listening
- Knowledge to help someone recover their health by guiding them to further support

What's in the course?

Our First Aid for Mental Health training is delivered over 1 day in two manageable sections, each with a focus on how to apply first aid for mental health skills:

- First aid for mental health, mental health, and depression.
- Providing advice and starting a conversation.
- Mental health condition.

Please see over the page for details

What are the benefits?

Having trained First Aiders for Mental Health within your workforce...

- 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
- Encourages people to start a conversation with a person who may be experiencing a mental health issue
- Promotes early intervention which enables recovery
- Promotes wellbeing within your workforce and improves company culture



Course Duration

1day

Please bring...

An open mind and a willingness to discuss difficult topics

Key facts

Employers have a duty to ensure the health and safety at work of their employees - this includes mental health.

Publications

All

attendees will receive a copy of the NUCO manual and workbook, which are both excellent support

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Session 1

Introduction

What is first aid for mental health?

Identifying mental health conditions

Providing advice, starting a conversation

Break

Stress

Drugs and Alcohol

First aid action plan for mental health

Lunch

Session 2

Action plan continued

Mental health in the workplace

Depression

Break

Anxiety

Assessment paper

End of day round up