

Supervising First Aid for Mental Health

2 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 a NUCO course is taught a set of skills which enables them to support someone experiencing mental health issues.

Mental Health First Aiders 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-judgmental listening
- Knowledge to help someone recover their health by guiding them to further support

What's in the course?

Our NUCO training is delivered over 2 days in four manageable sections, each with a focus on how to apply mental health first aid skills:

- First aid for mental health, mental health, and depression.
- Depression (cont.) and suicidal crisis.
- Anxiety, personality disorders, eating disorders and self-harm.
- Psychosis, schizophrenia and bipolar disorder.

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

2days

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 resources.

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Day 1 - Session 1	Day 2-Session 1
Introduction	Introduction and day 1 recap
What is mental health first aid?	Post-traumatic stress disorder
Identifying mental health conditions	Self-harm
Providing advice, starting a conversation	Break
Break	Suicide
Stress	Eating disorders
Drugs and Alcohol	Lunch
First aid action plan for mental health	
Lunch	
Day 1 - Session 2	Day 2-Session 2
Action plan continued	Personality Disorders
Mental health in the workplace	Bipolar Disorder
Depression	Break
Break	Psychosis
Anxiety	Schizophrenia
Assessment paper	Assessment paper