



## Level 1 - Awareness of First Aid for Mental Health

Wellbeing is now in the Ofsted framework. Having at least one member of staff in your school trained in Mental Health First Aid contributes massively to this agenda.

**Course outcomes:** This half day course is aimed at providing candidates with the knowledge to identify suspected mental health conditions and the skills to start a conversation and be able to signpost the person towards professional help.

**Certification:** The qualification is valid for three years from the date of achievement. It is strongly recommended that the learner attends annual refresher training. The learner will need to complete the full course again to re-qualify for a further three years.

**Skills on completion of the course:**

You will gain a broadened awareness of mental health.

**Level 1 Accredited Course**



### Course content:

- ✓ Understanding Mental Health
- ✓ Learning strategies to offer support & advice
- ✓ Recognition and management of stress
- ✓ Recognising mental health conditions

**Cost:**  
**£50 per person**

To apply contact our friendly Positive Regard team at [admin@positiveregard.co.uk](mailto:admin@positiveregard.co.uk)