



2-Day Mental Health First Aid in the Workplace

Qualsafe Level 3 Award: Mental Health First Aid in the Workplace (RQF)

Anyone can be affected by a Mental Health condition either themselves or a family member, friend or colleague.

This QA qualification is for people who wish to:

- Raise their awareness of the signs and symptoms associated with mental health problems both related to the workplace and in the general public.
- Be able to actively listen and feel confident to have a conversation with individuals suffering potential mental ill-health.
- Be able to assist with policy writing and risk assessments for mental health in the workplace.
- Direct anyone with potential mental health problems to a reliable source of support both internally and externally.

The course is suitable for all persons within a workplace but is aimed at those who hold a responsibility for implementing a positive mental health culture and responsibility for First Aid for Mental Health within an organisation.

Syllabus

A range of subjects are covered including:

- Understanding Mental Health and its importance
- Understanding roles and responsibilities in relation to Mental Health in the workplace
- Understand how employers can provide support to employees
- Know how to implement Mental Health First Aid strategies/action plans
- Identifying a range of Mental Health conditions (inc. OCD, Phobias, Bipolar, self-harm, Psychosis, Alcohol, Drug Addiction, Anxiety, Eating Disorders, Depression)
- Trigger factors
- Providing advice and starting a conversation