



Accredited

## Mental Health First Aid

### Overview

This is our most comprehensive awareness and skills course which includes a mix of presentations, discussions and group work activities.

Once you have completed the course, you should have an advanced knowledge surrounding a variety of mental health issues. The course is designed to help you implement what you have been taught to support friends, family and co-workers.

### Course Contents

- Spotting the early signs and symptoms of mental ill health
- Starting a supportive conversation with a colleague who may be experiencing a mental health issue or emotional distress
- Listening to the person non-judgmentally
- Assessing the risk of suicide or self-harm
- Encouraging the person to access appropriate professional support or self-help
- Escalation to the appropriate emergency services when necessary
- Maintaining confidentiality as appropriate
- Completing critical incident documents
- Protecting yourself whilst performing the role

**Course Duration:** 2 Days

**Certification:** NUCO Accredited SCQF Level 6 Certification