



FIRST AID TRAINING

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## Mental Health Awareness

**Qualification:** Elements Awareness

**Duration:** 1 day / 6 hours

**Certificate:** Elements First Aid certificate of attendance

**Learner age:** 16 years +

Each year, approximately 1 in 4 people in the UK will experience a mental health problem and this is increasing. Early identification and effective management are key to ensuring that people receive the care they need, so we're passionate about raising awareness.

Delivered by a current practicing NHS Mental Health Practitioner, you'll learn to recognise the signs and symptoms of mental ill health and how to support and signpost those that need help. Whether it's a family member, friend, colleague or employee, you'll come away with greater knowledge, skills and confidence to help when it really matters.

We offer both scheduled courses in the Brighton area, available for individuals to join and in-house training (where we come to you) and run the course at your workplace, club or venue, at a time that suits you. We work closely with clients and tailor our courses to ensure that the programme is right for your organisation, staff or group.

## **+ Suitable for**

Those who want to gain the necessary skills to recognise the signs and symptoms of common mental health issues and effectively support and guide a family member, friend, colleague or employee towards the right support.

## **+ Core content**

Overview of mental health followed by causes, signs & symptoms, treatment and support options for common problems including depression, stress, anxiety, self-harm, obsessive compulsive disorder and bi polar.

## **+ Assessment**

This is a relaxed awareness course – there is no formal assessment.

## **+ Nature of training**

This is a classroom based course. Learners need to comply with our Covid-19 mitigation measures.

## **+ Prerequisites**

None

## **+ Dual qualifications**

N/A

## **+ Certificate**

You'll receive an Elements First Aid certificate of attendance. Electronic certificates are emailed out to learners approximately 2 weeks after the training.

## **+ Revalidation**

Recommended every two years.

## **+ Price**

Individual joining a scheduled course – TBC

In-house group (minimum 6) – TBC

In-house group (full course max 12) - TBC

Additional qualification certificates – N/A

Price includes course handouts, course registration and certification. For private group courses, travel expenses and accommodation may be at an additional cost depending on course location. We are not currently VAT registered.

