

# AWARENESS OF FIRST AID FOR MENTAL HEALTH



A range of subjects are covered including:

- What is First Aid for Mental Health?
- Identifying mental health conditions
- Providing advice and starting a conversation

This course is suitable for everyone within a workplace as it provides learners with the knowledge to identify suspected mental health conditions as well as the skills to start a conversation and be able to signpost a person towards professional help.

Location: \_\_\_\_\_

Date: \_\_\_\_\_

Contact: \_\_\_\_\_

Time: \_\_\_\_\_

Telephone: \_\_\_\_\_

Cost: \_\_\_\_\_