



## FIRST AID FOR **MENTAL HEALTH** AWARENESS



### **Anyone can be affected by a mental health condition, whether themselves, a family member, friend or colleague.**

This course is aimed at providing learners 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.

#### **By the end of the course, learners will be able to:**

- Know what mental health is, why people develop mental health conditions and the role of a First Aider for mental health
- Know how to provide practical support for a person presenting a mental health condition
- Know how to recognise and manage stress
- Know how to recognise a range of mental health conditions

#### **Who is the course for?**

- Coaches and volunteers in sport
- Those delivering physical activity sessions
- Local community activators (for example, working in disabled-people's organisations, community interest charities, housing sector and scout/guide groups)
- Health and care professionals
- Employees in a work-place environment

### **What's the value of this course?**

Undertaking a first aid for mental health course gives a deeper understanding of the mental health issues that surround us everyday. One in four people suffer from a mental health condition and therefore understanding how to recognise the signs and symptoms, be able to start a conversation about it and knowing where to signpost to professional help is vital.

Just like physical first aid we may often be the first person around when someone reaches a crisis point so having the skills and understanding in this situation can be lifesaving.

This course will provide you with an understanding of identifying mental health conditions but more importantly will help with signposting those who may need support.