

3-HOUR COURSE

# First Aid for Mental Health Annual Refresher

This is a non-regulated annual refresher course recapping the skills and knowledge learners have gained from their regulated First Aid for Mental Health qualifications.



## First Aid for Mental Health Annual Refresher

This course has been designed for First Aiders for Mental Health to refresh their skills and knowledge and to stay up to date with current events. The course covers key topics from the regulated First Aid for Mental Health qualifications, including the signs and symptoms of mental health conditions, how to develop a first aid action plan for mental health and ways in which people can improve their general wellbeing.

### Duration

A 3-hour theory-based training course.

### Syllabus

A range of subjects are covered including:

- What is first aid for mental health?
- Stress
- Mental health conditions
- First aid action plan for mental health
- Current external factors affecting mental health
- Wellbeing

### Numbers

A maximum of 16 students can be accommodated on this course.

### Age limit

Learners must be a minimum of 14 years of age to attend the course.

### Certification

Although there is no formal assessment, the trainer will assess each individual ongoing throughout the course and issue a certificate of attendance.