

CLEAR



QUALITY

MENTAL HEALTH FIRST AIDER

Course Overview

Having a qualified Mental Health First Aider in the workplace provides a point of contact for an employee who is experiencing a mental health issue or emotional distress.

This interaction could range from having an initial conversation through to supporting the individual to get appropriate help. In a crisis, Mental Health First Aiders can spot the signs of mental ill health and are valuable in providing early support for someone who may be developing a mental health issue.



Duration

2 Days



Accreditation

Clear Quality

What Will I Learn?

- ✓ Comprehensive understanding of mental health awareness.
- ✓ Recognition and interpretation of early warning signs.
- ✓ Knowledge on seeking appropriate help for mental health issues.
- ✓ Familiarity with specific mental health conditions and their nuances.

What Skills Will I Gain?

- ✓ Ability to identify and respond to crisis situations effectively.
- ✓ Skills to recognise and provide support for individuals experiencing stress..
- ✓ Proficiency in conducting risk assessments for individuals requiring support.
- ✓ Practical application of key support skills for individuals with poor mental health.

All of our short courses can be delivered in a classroom environment or via Microsoft teams.
To discuss your training needs further please contact us here at: training@clearquality.co.uk