

Mental Health.

Looking after your people.
When they need it most.

*Virtual
classroom*

*Raise awareness,
encourage early
intervention & create
a positive wellness
culture, with workplace
Mental Health First
Aiders.*

Virtual Mental Health First Aid training.
Get accredited from the comfort of your home.

Awareness of FIRST AID FOR MENTAL HEALTH

2 x 2 hour sessions* (1 day)

- What is mental health
- Role of a Mental Health First Aider (MHFA)
- Provide advice and practical support as a MHFA
- How to start a supportive conversation
- Know when to signpost a person to seek professional help
- Basic awareness of a range of mental health conditions

FAA Level 1

*Plus 1 hour qualification assessment

*595,000
work-related mental
health cases last year.*

*The IFS warns of
hundreds of thousands
more, as a result of
COVID-19.*

Recommended

FIRST AID FOR MENTAL HEALTH

2 x 4 hour sessions* (2 days)

Level 1 plus:

- Understand how to recognise and manage stress
- Recognise a range of mental health conditions and the impact of substance abuse
- Implement a first aid action plan for mental health
- Understand the basics of a positive mental health culture in the workplace

FAA Level 2

*Ofqual-
regulated
qualifications
(RQF)*

Supervising FIRST AID FOR MENTAL HEALTH

3 x 4 hour sessions* (3 days)

Level 1 & 2 plus:

- Recognise and understand a wide range of mental health conditions
- Understand the support & therapy provided by professional healthcare providers
- Learn how to implement a positive mental health culture in the workplace

FAA Level 3

**IT'S OKAY
NOT TO
BE OKAY.**



In association with



More information:

[www.peopleunboxed.co.uk/
workplace-mental-health/](http://www.peopleunboxed.co.uk/workplace-mental-health/)