



Cookson First Aid

Free First Aid for all

Mental Health First Aiders

LEVEL 3 : 2-DAY TRAINING COURSE

This qualification will provide learners with the knowledge required to recognise and support someone who is experiencing a mental health issue.

Learners will be able to identify a range of common mental health conditions and raise their awareness of individuals needs in terms of poor mental health.

RQF Level 3 Award

Qualification title: Level 3 Award for Mental Health First Aiders (RQF)

This qualification supports employers in complying with requirements outlined in the Health and Safety (First Aid) Regulations 1981 and the Health and Safety (First Aid) Regulations (Northern Ireland) 1982.

Duration

Total qualification Time (TQT) is 15 hours, with at least 12 Guided Learning Hours (GLH) in the classroom over a minimum of 2 days plus independent pre and post course study.

Course Content

- Understanding the principles of mental well-being
- Know the legal requirements for managing mental health in a workplace
- How to recognise the causes and impact of stress
- Recognise and support those with a common mental health condition
- How to recognise and support individuals with Psychosis
- How to recognise and support individuals with bipolar disorder
- How to recognise and support individuals with schizophrenia
- Understanding why individuals may use harmful strategies to cope with a mental health disorder
- How to recognise and support an individual in suicidal crisis

Numbers

A maximum of 20 students are allowed and must be a minimum of 16 years of age.

Assessment

The qualification assessment includes a written assessment. You must successfully complete the written assessment to achieve the qualification.

Certification

The qualification is valid for three years from the date of achievement. It is recommended that you attend annual refresher training. You will need to complete the full course again to requalify for a further three years.