



Fully Online  
Awareness of First Aid for  
Mental Health: Level 2

[www.VIRSEC.org](http://www.VIRSEC.org)

## About

Studies indicate that one in four individuals will face a mental health issue at some point during their lifetime, while one in six will encounter mental health challenges at work.

The Awareness of First Aid for Mental Health: Level 2 course is a fully online training programme designed to increase awareness of mental health issues.

It aims to help learners identify symptoms in themselves and others and outlines the necessary steps to support those in need while improving the overall working environment.

This Level 2 course is specifically aimed at supervisors or team leaders within an organisation who have responsibility for the health and wellbeing of their colleagues.

The course teaches how to recognise the signs and symptoms of mental ill health, provide basic first aid support, and determine when to escalate care or seek professional help.

It also addresses the identification of drug or alcohol misuse, and offers guidance on creating a supportive, inclusive workplace that fosters openness, rather than fear and stress.

## Target Audience

Mental health issues are extremely common, and we all need to start talking about it.

This course is designed to raise awareness of Mental Health problems; why they occur, and what to do about it.

For these reasons, this course is intended for:

- Managers
- Supervisors
- Team Leaders,
- Human Resources Personnel

and anyone else who manages people and has some responsibility over their health and wellbeing, and the inclusivity of the working environment.

## Course Duration

The First Aid for Mental Health Awareness: Level 2 Course has an expected duration of 4.5 to 5 hours. Please note that you can enter and exit this course as often as you require but you must complete each assessment in one sitting as they will reset if you exit during an assessment phase.



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## Course Aims

This course is designed to equip learners with the following:

- A deeper understanding of mental health and the various factors that can influence an individual's wellbeing, including their own.
- Practical skills for recognising the triggers and signs of mental health concerns.
- The confidence to intervene, offer reassurance, and support someone in distress.
- Improved interpersonal skills, including non-judgmental listening.
- The knowledge to guide someone towards the appropriate support to aid in their recovery.

## Course Learning Outcomes

The following are the Learning Outcomes for the Course:

- Know what mental health is, why people develop mental health conditions and the role of a First Aider.
- How to identify problems and risk factors early.
- Know how to provide advice and 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.
- Understand the impact of substance abuse on mental health.
- Understand the 'first aid action plan for mental health' and be able to put it in place.
- Know how to implement a positive mental health culture in the workplace.

## Certificate

Learners who successfully complete this online course will receive the VIRSEC Certificate of Attendance for the Online Awareness of First Aid for Mental Health: Level 2 Course.

## Prerequisites

There are no prerequisites for attending this online course as it covers the subjects within the Level 1 Course and goes on to cover extra subjects as well as those areas aimed at Team Leaders, Supervisors and Managers.



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## Course Subjects

The course includes the following subjects:

- What is First Aid for Mental Health?
- Responsibilities of First Aiders
- The Impact of Mental Ill Health
- Mental Health Stigma & Statistics
- The Mental Health Continuum
- Mental Health Risk Factors & Early Warning Signs
- Starting a Difficult Conversation
- Non-Judgemental Listening Skills
- When to Contact Emergency Services
- Your Own Health & Emotions
- A Definition of Stress
- What Stress Does to the Body
- Causes of Stress
- Stress: Long Term Effects
- Coping Strategies
- Mental Health Conditions
- Substance Misuse
- Drugs & Alcohol: Short-Term Effects
- Drugs & Alcohol: Long-Term Effects
- Treatments for Drugs & Alcohol
- Check for Significant Risk of Harm
- Apply Non-Judgemental Listening

- Reassure & Provide Information
- Encourage Professional Support
- Encourage Self-Help Strategies
- Workplace Mental Health: Factors
- Legislation & Guidance Overview
- Positive Mental Health Culture: Employers & Employees
- Impact of a Positive Culture
- Five Steps to Mental Wellbeing.

## Bulk Purchasing

Book your First Aid Awareness for Mental Health – Level 2 at [VIRSEC](https://www.virsec.org).

If you have any questions about the course or any of our other courses, please [contact us](#) to inquire about bulk purchasing and associated discounts.

You can also call us on +44 (0)161 763 4427 and ask for Olivia or Cathy who will happily assist you.



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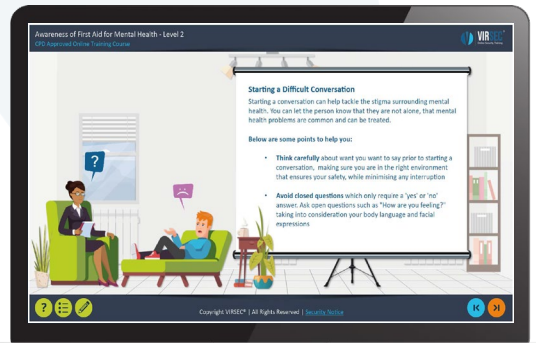
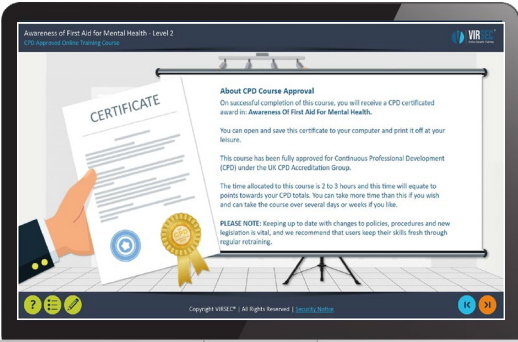
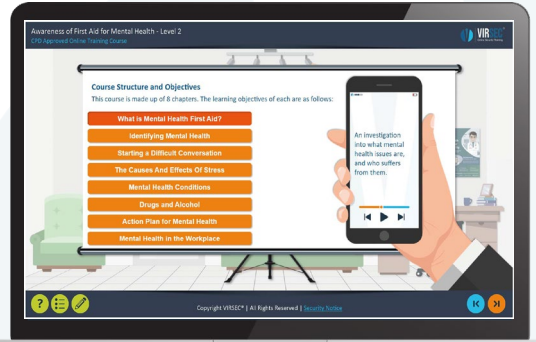


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# Sample Course Slides



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