



**Fully Online CPD Accredited**

# **An Awareness of First Aid in Mental Health**

## **Level 1**



## About

Research shows that 1 in 4 people will suffer from a mental health condition at some point in their lives, and 1 in 6 will experience mental health problems in the workplace.

In fact, work pressures are commonly cited as being the number one contributor to stress. Mental health problems are often covered up through fear of discrimination, and a culture of fear and silence can make things very much worse and be extremely costly for employers.

Awareness of First Aid for Mental Health: Level 1 is a 100% online training course designed to raise awareness of mental health issues and help the learner to spot symptoms in themselves or others.

Early intervention can make a huge difference, and this course helps the learner to understand the different types of problems that exist, what the symptoms may be, and what the best steps are to begin helping the individual onto the road of healing.

It may be used by individual employers for consultation with the Company and seafarers. Its effectiveness will depend on the commitment of its members, in particular that of the Master.

This level 1 course is targeted to people in an organisation who may not have a supervisory position, however they will still have a duty of care both towards themselves and towards their work colleagues.

The course outlines how to spot the signs and symptoms of mental ill health and how to provide help on a first aid basis. Learners will not diagnose or treat mental health conditions because these can only be performed by professionals, but it will teach people to assist others by listening, reassuring, and responding.

## Accrediting Body

This course is Approved by the CPD Accreditation Group.

## Target Audience

This course is designed to raise awareness of Mental Health problems; why they occur, and what to do about it. This course is intended for people who work with others in an organisation, and who would benefit from understanding more about spotting the signs and symptoms of mental health problems, and the steps that can be taken to help.



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## Course Aims

This course aims to provide the learner with the following:

- A deeper understanding of mental health and the factors that can affect people's wellbeing, including your own.
- Practical skills to spot the triggers and signs of mental health issues.
- Confidence to step in, reassure and support a person in distress.
- Enhanced interpersonal skills such as non-judgemental listening.
- Knowledge to help someone recover their health by guiding them to appropriate support.

## Viewing the Course

We recommend using either a tablet device, laptop, or desktop to take this online course and using Chrome to view the course.

## Learning Outcomes

- 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.

## Course Duration

The First Aid for Mental Health Awareness: Level 1 Course has an expected duration of 2 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 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

## Why Take This Course

- ✓ Accredited by the CPD Accreditation Group
- ✓ Written by Subject Matter Experts
- ✓ Course Certificate Available Upon Completion
- ✓ Online Training Aids in the Retention of Information
- ✓ Course Taken at Own Pace & Convenience
- ✓ Access to Course for 6 Months or Until Completion
- ✓ Full Course Notes Available from the Course
- ✓ Take the Course Online or Offline Using the APP

## Pre-Requisites

There are no pre-requisites for attending this online Course.

## Course Pricing

The online course is £50 UK Pounds or the equivalent of an associated currency at the time of purchasing this course. Email us to learn about bulk course booking discounts.

## Discount Offer

If you purchase this course today, please use the following coupon code to receive **10% OFF** the listed course price.

# MHL1-10



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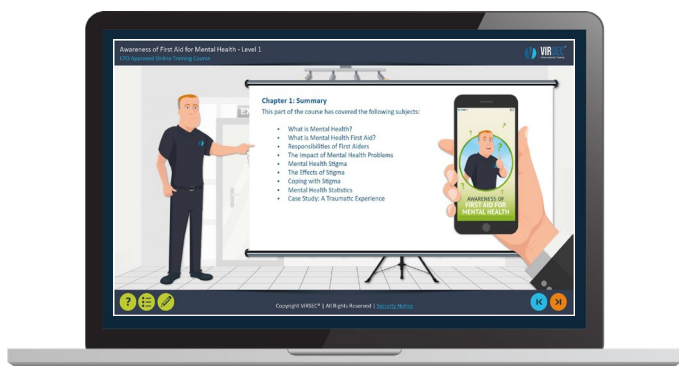
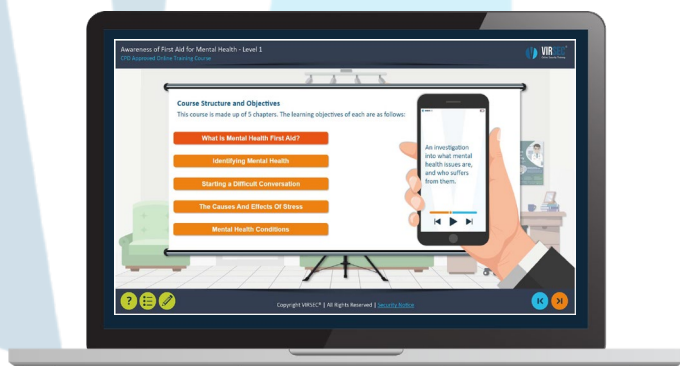
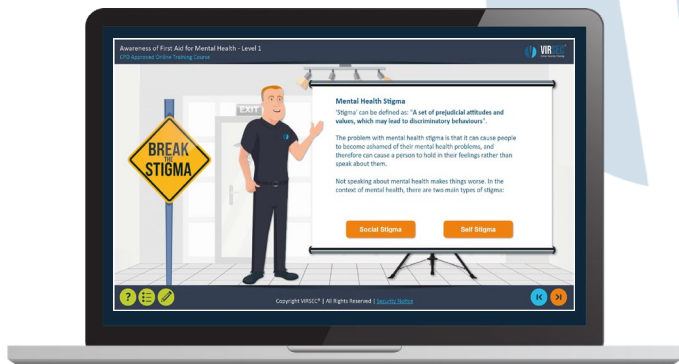
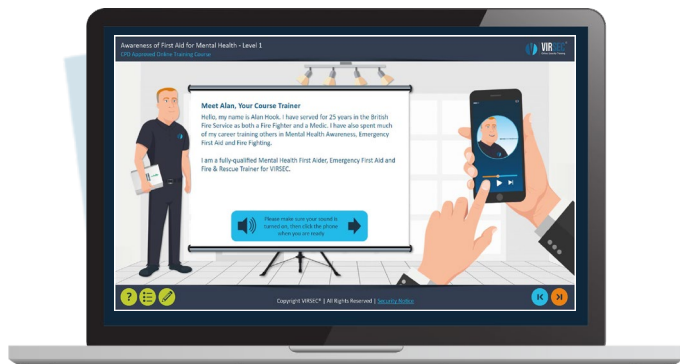
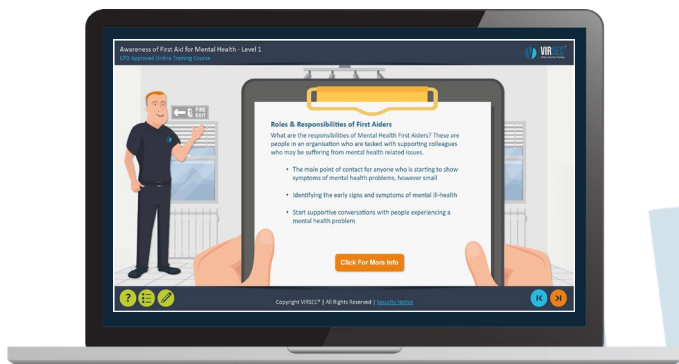
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## Sample Course Slides





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