

# Awareness of First Aid for Mental Health: Level 2

Online Course Accredited by the CPD Accreditation Group



## About

Written by a Mental Health Awareness Trainer from the Fire Brigade, Awareness of First Aid for Mental Health is an in-depth training course which teaches people how to identify the signs and symptoms of mental ill health and provide help on a First Aid basis. Awareness of First Aid for Mental Health won't teach you to be a therapist, but just like physical first aid, it will teach you to listen, reassure and respond, even in a crisis.

*Note: We also provide a Level 1 version of this course that covers fewer subjects. You can see the subjects covered on the relevant course page on the website.*

## Awarding Body

This course is fully approved by the CPD Accreditation Board. Upon successful completion, learners will receive a PDF certificate via the eLearning system.

## Target Audience

This course is intended for anyone at any level in an organisation, who works with others and wishes to take an active role in their well-being.

## Course Duration

This course has an expected duration of 4 hours depending on the learner's abilities and reading speed. However, you can enter and exit this course as often as you require.

## Why Take This Course

There are many key benefits studying an online course with VIRSEC, here are just a few of them:

- ✓ Written by Subject Matter Experts
- ✓ Cost-Effective Means of Learning
- ✓ Fully Online, CPD Accredited Course
- ✓ Based on Real-Life Experience
- ✓ Focuses on Key Subject Matter
- ✓ Greater Number of Subject Areas than Covered in Level 1



# MENTAL HEALTH

## Pre-Requisites

No prerequisites are required to get entry on to this course, which can be delivered on board ship or ashore.