Mental Health First Aid - Online

Course Introduction

A Mental Health First Aider in the workplace is the ‘go-to person’ for anyone who is experiencing some form of mental health condition i.e. stress, anxiety or depression.

They will be responsible for ensuring a positive working environment, with the support and facilities that are required to promote good mental health. They will have the relevant knowledge to identify anyone who is showing signs of ill health i.e. a change in behaviour, body language or character.

The first aider will be there to help guide the person in distress and support where ever necessary and therefore, be able to intervene before it escalates.

This course is for first aiders in a workplace, managers, supervisors and general staff. It can be applied to any working environment i.e. construction, manufacturing, offices, healthcare, volunteers etc.

Course Pre-Requisites

This is a group booking only with a minim of 6 delegates

Course Topics

Module 1; What is mental health/ mental illness
The mental health continuum
The mental health first aid action plan

Module 2; Depression
Crisis first aid
The mental health first aid action plan

Module 3; Anxiety
Crisis first aid
The mental health first aid action plan

Zoom session with an instructor

Module 4; Psychosis
Crisis first aid
The mental health first aid action plan

Module 5; Substances use
Crisis first aid

The mental health first aid action plan

Zoom session with an instructor

The eLearning is completed over a four week period at the delegates own pace. Once completed their certification is directly generated for them to print.

Qualification Expiry

3 Years