



First Aid for Mental Health

1 in 4 adults experience a mental health problem at some point during their lifetime.

Half of all mental health problems are established by age 14.

15.4 million working days were lost in 2017/2018 due to work related stress, depression or anxiety.

Only 1 in 3 people who would benefit from treatment for a mental health condition currently receive it.

By creating a workplace culture that encourages staff to support each other, it could save UK businesses up to £8 billion per year.

Statistics from NHS, HSE and WHO



Remember... it's okay not to be okay

It is recommended that an organisation have a similar number of First Aiders for Mental Health as physical First Aiders in the workplace.

Mental health is about how we think, feel and behave.

We can all take positive steps to improve our own mental health and the mental health of others. St Andrew's First Aid has introduced a range of First Aid for Mental Health courses to help improve awareness of mental health and give advice to those looking to support someone with a mental health condition. These courses are SQA certified and certificates are valid for three years.

Most of us wouldn't know what to do when faced with a mental health crisis. Our First Aid for Mental Health courses teach practical skills to spot the signs of someone suffering from mental ill health and to confidently provide support.



Leading First Aid for Mental Health

Our most comprehensive First Aid for Mental Health course takes place over two days which looks deeper into a range of common mental health conditions. This two day course is for those who wish to become a certified First Aider for Mental Health within their organisation.



As well as covering the contents of the below courses, Leading First Aid for Mental Health also covers:

- Depression
- Anxiety
- Post-Traumatic Stress Disorder
- Self-Harm
- Suicide
- Eating Disorders
- Personality Disorders
- Bipolar Disorder
- Psychosis
- Schizophrenia

£250 +vat

First Aid for Mental Health

This one day course is for those who are looking to gain an awareness of mental health and to be able to support their colleagues in the workplace. The course will enable them to understand the symptoms of the most common mental health conditions and how to provide support.



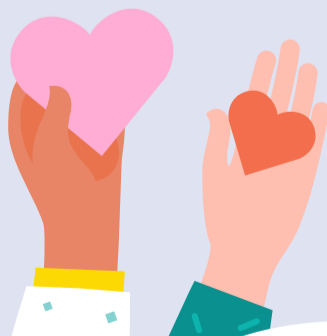
This course covers all of the topics regarding the Awareness of First Aid for Mental Health as well as:

- Drugs and Alcohol
- First Aid Action Plan for Mental Health
- Mental Health in the Workplace

£150 +vat

Awareness of First Aid for Mental Health

This half day introductory session provides candidates with a basic foundation of mental health conditions, how to start a conversation with others as well as learning about their own mental health.



This course covers:

- Mental Health Conditions
- Identifying Mental Health Conditions
- Providing Advice and Starting a Conversation
- Stress

£100 +vat

To find out more information or to book a First Aid for Mental Health course please visit our website, or get in touch by phone or email.

www.firstaid.org.uk/mentalhealth

0300 4 666 999

sales@firstaid.org.uk



St Andrew's First Aid is the trading name of St Andrew's Ambulance Association, a charity registered in Scotland, No. SC006750. Incorporated by Royal Charter 1899. VAT Reg. No. 125 4259 26. Patron: HRH The Princess Royal, Incorporated by Royal Charter 1899.