

Mental Health Awareness

At Stafforce, we know that the best way to achieve safety and health training success is to get people fully involved, having fun and learning. This is what we do best. We want to get delegates really thinking about what they're learning and having the confidence and enthusiasm to put it into practice when they're back at work so that everyone notices the difference in your workplace.

Who is Mental Health Awareness for?

The Mental Health Awareness course is suitable for people aged 14+ and is recommended that learners should hold a minimum of Level 1 in literacy or equivalent. Suitable for those who need a basic understanding of mental health and learning about mental health conditions.

Learning outcomes:

A range of subjects are covered including:

- What is First Aid for Mental Health?
- Identifying mental health conditions
- Providing advice and starting a conversation
- Stress
- Mental health conditions
- Drugs and alcohol
- First Aid for Mental Health action plan
- First Aid for Mental Health in the workplace

First aid awards accredited and is regulated by Ofqual.

Why use Stafforce?

- Delivery on site or at one of our many training centers throughout the United Kingdom.
- Professional tutors that will support candidates of all learning abilities.
- Continuous support with our expert aftercare team.
- Management of your business training needs.

£150 per person (based on an 8 delegate booking)

Successful delegates are awarded a Mental Health Awareness certificate.

What does your business get?

- Designed and monitored through Nuco Training and quality controlled by First Aid awards
- Peace of mind from training that's regulated.
- The program can be delivered flexibly so that it suits your business needs.

Assessment and Certification:

A minimum of 6 hours spread over at least one day. Ideally, the course should be run in one day, but must be completed within 3 weeks of starting the course, with each training session a minimum of two hours.

The qualification is valid for three years from the date of achievement.

It is strongly recommended that the learner attends annual refresher training. The learner will need to complete the full course again to requalify for a further three years.

