



LEVEL ONE

# AWARENESS OF FIRST AID FOR MENTAL HEALTH

An introduction to recognising, supporting  
and promoting mental health awareness



## HOW LONG IS IT?

This course is held online  
consisting of 5 hours  
of guided learning.



## HOW MUCH DOES IT COST?

- £65 + VAT per learner  
(non-regulated)
- £75 + VAT per learner  
(regulated)

Closed-cohort pricing available  
on request.



PRINCESS ROYAL  
TRAINING AWARD  
2024



Apprenticeship Provider  
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# What to expect...

The **Level 1 Award in Awareness of First Aid for Mental Health** is a short, introductory course providing essential knowledge of mental health.

It enables learners to identify suspected mental health conditions, start supportive conversations, manage stress, and signpost individuals to professional help. This foundation-level training is suitable for all employees and serves as a starting point for further qualifications in mental health first aid.

**This course is suitable for:**

- **All employees:** Open to anyone in any sector.
- **Individuals new to mental health awareness:** Ideal as a first step into the subject.
- **Organisations promoting positive culture:** Helps reduce stigma and build an inclusive workplace environment.

**Looking to develop your learning?**  
Why not apply to the **Level 2 First Aid for Mental Health** course?

## What you will learn?

1	<b>What is First Aid for Mental Health?</b> Introduction to the concept and purpose of mental health first aid.
2	<b>Identifying Mental Health Conditions</b> Skills to recognise a range of suspected issues.
3	<b>Starting Supportive Conversations</b> How to initiate and conduct meaningful conversations about mental health.
4	<b>Signposting to Professional Help</b> When and how to direct individuals to appropriate support services.
5	<b>Stress Management</b> An introduction to managing stress and promoting resilience.

### Course Details:

**Format:** Live online learning, led by experienced tutors with a background in mental health.

**Duration:** 5 hours of guided learning.

**Assessment:** Required only for the regulated route

**Group size:** Non-regulated — up to 40 learners per tutor (minimum age 18).



## Find out more...

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[connect2care.net](https://connect2care.net)

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