



LEVEL TWO

FIRST AID FOR MENTAL HEALTH

Building skills to recognise, support
and promote positive mental health



HOW LONG IS IT?

10 hours of guided learning,
delivered over two sessions
(5 hours each), plus a small
amount of self-study.



HOW MUCH DOES IT COST?

£150 + VAT per learner
Closed-cohort pricing available
on request.



PRINCESS ROYAL
TRAINING AWARD
2024



Apprenticeship Provider
of the Year
Winner 2025



What to expect...

The **FAA Level 2 Award in First Aid for Mental Health (RQF)** is an accredited qualification designed to equip learners with the confidence to recognise signs of mental health issues, provide initial support, and guide individuals towards professional help.

It is suitable for anyone who wants to support others — particularly in workplace or community settings where mental health concerns may arise.

This course is suitable for:

- Staff members who want to better understand and support mental health
- HR teams and wellbeing champions
- Line managers and supervisors
- Anyone with responsibility for supporting the mental health of others

Looking to develop your learning?
Apply for our
**Level 3 Supervising
First Aid for Mental
Health course**

What you will learn?

1	Understanding Mental Health Gain an overview of common mental health conditions, their potential impact, and the importance of reducing stigma.
2	Recognising Signs and Symptoms Learn how to identify when someone may be struggling with their mental health.
3	Providing First Aid Develop skills to start supportive conversations, offer appropriate initial help, and take a person-centred approach to support.
4	Signposting and Referral Know how and when to refer individuals to professional services such as counsellors, GPs, or mental health specialists.
5	Promoting Positive Culture Explore how to encourage a supportive workplace or community environment that prioritises wellbeing.

Course Details:

Format: Live online learning, delivered by experienced tutors from the mental health sector.

Duration: 10 hours of guided learning, delivered over two sessions (5 hours each), plus a small amount of self-study.

Assessment: Conducted remotely via professional discussion and a practical demonstration of the Mental Health Action Plan (recorded in line with FAA requirements).

Group size: Max. 20 delegates per tutor. Learners must be aged 18+.



Find out more...

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