



LEVEL THREE

SUPERVISING FIRST AID FOR MENTAL HEALTH

Equipping individuals to recognise, respond and support positive mental health in the workplace



HOW LONG IS IT?

15 hours, delivered across three sessions (5 hours each) over three days, plus short self-study tasks.



HOW MUCH DOES IT COST?

£225 + 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 **Level 3 Award in Supervising First Aid for Mental Health** is a nationally recognised qualification for anyone responsible for supporting mental health in the workplace.

It equips learners with the skills and confidence to recognise signs of mental ill health, provide initial support, and encourage individuals to seek professional help. Building on Level 1 and 2 content, this qualification develops a deeper understanding of mental health conditions and focuses on practical implementation in real workplace settings.

This course is suitable for:

- Line managers and supervisors
- HR professionals
- Team leaders
- Wellbeing champions
- Anyone responsible for supporting staff mental health

**Looking to
develop your
learning?**
Apply for our **How to
Manage Anxiety and
Burnout** course

What you will learn?

1	Recognition of Mental Health Conditions Understand a wide range of conditions including depression, anxiety, stress, PTSD, eating disorders, psychosis, bipolar disorder, and more.
2	Support and Signposting Learn how to start supportive conversations and guide individuals towards professional help and workplace resources.
3	Workplace Implementation Gain practical skills to create and deliver a Mental Health First Aid Action Plan, and promote a positive, stigma-free workplace culture.
4	For All Roles with Responsibility Suitable for line managers, supervisors, HR professionals, wellbeing champions, and anyone with responsibility for staff wellbeing.

Course Details:

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

Duration: 15 hours, delivered across three sessions (5 hours each) over three days, plus short self-study tasks.

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

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



Find out more...

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