



# First Aid for Mental Health

The past year has been challenging and has also shown the Voluntary and Community Sector at its most responsive and resilient. To build on this, we are building a network of trustees, staff and volunteers who are confident in supporting and promoting good mental health in our organisations.

Award in supervising **First Aid** for Mental Health (Two Day course)  
Qualification FAA Level 3 Award in Supervising **First Aid** for Mental Health (RQF)

7th - 8th March 2022 9am - 5pm

The course covers all the topics included in Level 2 with the addition of:

- What is First Aid for Mental Health?
- Identifying mental health conditions
- Providing advice & starting a conversation
- First Aid for Mental Health in the workplace
- First Aid for Mental Health action plan
- Post-traumatic stress disorder
- Self-harm
- Suicide
- Eating disorders
- Personality disorders
- Mental health conditions
- Drugs and alcohol
- Stress
- Bipolar disorder
- Psychosis
- Schizophrenia
- Depression
- Anxiety

For more information and to sign up, please email [engagement@cvac.org.uk](mailto:engagement@cvac.org.uk)