



Different Perspective Training Ltd.

Pragmatic First Aid & Outdoor Safety Training

First Aid for Mental Health Series Outline

- Awareness of First Aid for Mental Health (4hr)
- First Aid for Mental Health (6hr)
- Supervising First Aid for Mental Health (12hr)

An Introduction

Who are we & what do we do?

At Different Perspective Training Ltd. we specialise in delivering engaging and memorable First Aid, Mental Health and Outdoor Safety Training. Our flexible training programmes are always tailored to meet your needs and those of your workplace. We can support your staff by delivering bespoke training at your site, focussing on your specific working environment, or your staff can join our Public Training Courses that are open to all.



Our company roots have been forged in developmental pedagogy, with over 20 years' educational experience in teaching, outdoor education, and expedition leadership. Encouraging people to challenge themselves and learn is our passion. This long history in education and training has given us a firm belief in what we do, how we do it, and is centred on the core principle that support and care of others should not just be a responsibility within workplace or whilst working, but beyond it, in every walk of life. This is what we mean when we say, "Our training is proudly delivered *For Your Workplace and Life Beyond It*".

Our Training & Consultation Programmes

- **First Aid Training:** the practical skills needed for schools, the workplace or those heading outdoors, embedding concepts into actions for better understanding and recall when it really matters.
- **First Aid for Mental Health:** empowering delegates to support those in crisis as well as those seeking guidance or advice.
- **Off Site Risk Management & Policy Consultation:** the legalities behind working off-site, turning the complicated hoops into simple steps.
- **Occupational Water Safety Training:** designed in line with the requirements of industry to ensure organisations meet their statutory obligations to keep staff operating in, on or around water safe.

First Aid for Mental Health Series Outline

"Mental Health is defined as a state of wellbeing in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community." World Health Organisation - 2014



These qualifications, regulated OfQual and SCQF are suitable for everyone, but have been designed to help employers to provide a positive mental health culture within the workplace. Learners will not diagnose or treat mental health conditions as this can only be carried out by healthcare professionals but will gain the knowledge to identify when a person may have a condition and know where they can go to get help. These courses include the following programmes:

- 4hr First Aid for Mental Health Awareness (FAMHA)
- 6hr First Aid for Mental Health (FAMH)
- 12hr First Aid for Mental Health Supervisors (FAMHS)

Additional to these Mental Health First Aid courses, we have a suite of

Resilience, Wellbeing and Stress Management Workshops for staff. If you are interested in us running an INSET or CPD programme, please do not hesitate to contact us.

Scope and Content

Awareness of First Aid for Mental Health – 4hr

Cost - £105pp

Course Title - Level 1 Award in Awareness of First Aid for Mental Health - 4hr (FAMHA)

Target Group - This course is suitable for everyone within a workplace keen to develop a positive mental health culture as it provides learners with the knowledge to identify suspected mental health conditions as well as the skills to start a conversation and be able to signpost a person towards professional help.

RQF Regulation & Accreditation - This qualification is regulated in the UK by First Aid Awards. FAA are an Awarding organisation regulated by OfQual and SQA Accreditation. The qualification sits on the Regulated Qualifications Framework and the Scottish Credit and Qualifications Framework (SCQF).

Prior Learning - None

Description - This 4-hour qualification provides delegates with the knowledge to recognise a range of mental health conditions, how to start a supportive conversation and when and how to signpost a person to seek appropriate professional help. Learners will know how to recognise and manage stress. Delegates will not diagnose or treat mental health conditions as this can only be carried out by healthcare professionals but will gain the knowledge to identify when a person may have a condition and know where they can go to get help.

Specific content includes - 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.

First Aid for Mental Health – 6hr

Cost - £155pp

Course Title - Level 2 Award in First Aid for Mental Health - 6hr (FAMH)

Target Group - This 1-day course covers the content of the Level 1 course but also expands on the effects of drugs and alcohol, incorporates the First Aid for Mental Health Action Plan and covers ways in which a positive mental health culture can be supported within a workplace.

RQF Regulation & Accreditation - This qualification is regulated in the UK by First Aid Awards. FAA are an Awarding organisation regulated by OfQual and SQA Accreditation. The qualification sits on the Regulated Qualifications Framework and the Scottish Credit and Qualifications Framework (SCQF).



Prior Learning - None

Description - This 6-hour qualification provides delegates with the knowledge to recognise a range of mental health conditions, how to start a supportive conversation and when and how to signpost a person to seek appropriate professional help. Delegates will know how to recognise and manage stress and understand the impact of substance abuse. They will learn about the first aid action plan for mental health, be able to put it in place and know how to implement a positive mental health culture in the workplace. Delegates will not diagnose or treat mental health conditions as this can only be carried out by healthcare professionals but will gain the knowledge to identify when a person may have a condition and know where they can go to get help.

Specific content includes - 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.

Supervising First Aid for Mental Health – 12hr

Cost - £195pp

Course Title - Level 3 Award in Supervising First Aid for Mental Health - 12hr (FAMHS)

Target Group - This 2-Day course goes into detail on a wide range of mental health conditions and the support and help provided by healthcare professionals. It covers the content of both the Level 1 and Level 2 Qualifications but is aimed at Trainer/ Assessors and/or supervisor level employees within the workplace.

RQF Regulation & Accreditation - This qualification is regulated in the UK by First Aid Awards. FAA are an Awarding organisation regulated by OfQual and SQA Accreditation. The qualification sits on the Regulated Qualifications Framework and the Scottish Credit and Qualifications Framework (SCQF).

Prior Learning - None

Description - This 12-hour qualification provides delegates with the knowledge to recognise a wide range of mental health conditions and learn about the support/therapy provided by professional healthcare providers. They will know how to start a supportive conversation and when and how to signpost a person to seek appropriate professional help. Delegates will recognise and manage stress and understand the impact of substance abuse. Delegates will learn about the first aid action plan for mental health, be able to put it in place and understand how to implement a positive mental health culture in the workplace. Delegates will not diagnose or treat mental health conditions as this can only be carried out by healthcare professionals but will gain the knowledge to identify when a person may have a condition and know where they can go to get help.



Specific content includes - 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, Depression, Post-traumatic stress disorder, Self-harm, Suicide, Eating disorders, Personality disorders, Bipolar disorder, Psychosis, Schizophrenia, Anxiety.

Cost

These courses can be delivered as either Public Courses (open to members of the public) or as Bespoke Courses (delivered to a specific client group with content tailored to participant needs).

Open/ Public Courses: Course cost includes certification, manual and PPE. See www.DPTrainingUK.com/training-events for upcoming course dates and venues.

Bespoke/ Private Courses: Our costs are established at a base rate of **£525/day** or **£75/hr + £25 set-up**.

- This cost includes certification, manual & PPE for 12 delegates. Further certification, for multiple short courses delivered in any single day or dual certification is costed at £25/ certificate.
- This cost does not include any foreseeable and reasonable expenses, such as venue hire or accommodation, always agreed in advance.

Please do get in touch to discuss these options further.



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