



Different Perspective Training Ltd.

Pragmatic First Aid, Mental Health & Outdoor Safety Training

First Aid for Mental Health Programmes

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





An Introduction

Who We Are & What We Do

At Different Perspective Training Ltd., we specialise in delivering engaging and memorable First Aid, Mental Health, and Outdoor Safety Training.

Our programmes are flexible and always tailored to the specific needs of your workplace. Whether we are delivering bespoke training at your site or hosting individuals at our Public Training Courses, our focus remains on practical, real-world application.

Our Roots

Our company is built on a foundation of developmental pedagogy, backed by over 20 years of experience in teaching, outdoor education, and expedition leadership. Encouraging people to challenge themselves and learn is our passion.

We believe that caring for others is a responsibility that extends beyond the 9-5 and forms our core principle: *"Our training is proudly delivered For Your Workplace and Life Outside It."*

Our Training & Consultation Programmes:

- **First Aid Training:** Practical skills for workplaces, agriculture, industry and outdoor enthusiasts, designed for high recall when it matters most.
- **First Aid for Mental Health:** Empowering people to support those in crisis and provide proactive guidance.
- **Off Site Risk Management & Policy Consultation:** Simplifying the legalities of off-site work, turning complex "hoops" into simple, actionable steps.
- **Occupational Water Safety Training:** Ensuring organisations meet statutory obligations to keep staff safe in, on, or around water.

First Aid for Mental Health Programmes

"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

Mental health affects all of us — whether personally, or through someone we live or work alongside. These Ofqual and Qualifications Scotland regulated qualifications have been designed to help employers build a positive mental health culture within the workplace, and to equip individuals with the knowledge and confidence to recognise when someone may be struggling and to take appropriate, supportive action.

Delegates will not diagnose or treat mental health conditions — this remains the responsibility of healthcare professionals — but will leave with the knowledge to identify when a person may need support and the skills to help them access it.

This series currently comprises three qualifications:

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

All three are direct entry qualifications — no prior learning is required.

Resilience, Wellbeing and Stress Management Workshops

In addition to our regulated Mental Health First Aid qualifications, we offer a suite of Resilience, Wellbeing and Stress Management workshops for staff. If you are interested in us delivering an INSET or CPD programme for your organisation, please do get in touch.





Scope and Content

Here is an outline of the different Mental Health First Aid Courses that we deliver.

RQF Regulation & Accreditation: All the following qualifications are regulated in the UK by First Aid Awards. FAA are an Awarding Organisation regulated by Ofqual and Qualifications Scotland. The qualifications sit on the Regulated Qualifications Framework and the Scottish Credit and Qualifications Framework (SCQF).

Prior Learning: None, these are all direct entry courses.

4hr Awareness of First Aid for Mental Health - L1 (AFAMH)

Cost: £105pp

Target Group: Any member of staff seeking an introduction to mental health awareness, particularly those who may be a first point of contact for colleagues experiencing difficulties, or organisations looking to build a more mentally aware and supportive workplace culture.

Description: This Ofqual regulated half-day qualification provides delegates with the knowledge to recognise a suspected mental health condition, start a supportive conversation, and signpost a person towards appropriate professional help. It is suitable for all staff regardless of role or prior knowledge and serves as an excellent introduction to mental health awareness and a natural stepping stone to the full First Aid for Mental Health qualification.

Specific Content Includes: what is First Aid for Mental Health; identifying mental health conditions; stress; mental health conditions; providing advice and starting a conversation.

Assessment Method: Multiple-choice question paper. No external assessors are required. Qualification is valid for three years from the date of achievement.

Annual Refresher: It is strongly recommended that delegates attend annual refresher training to maintain confidence and currency between requalification every 3 years.



6hr First Aid for Mental Health - L2 (FAMH)

Cost: £155pp

Course Title: Level 2 Award in First Aid for Mental Health - 6hr

Target Group: Any member of staff, but particularly those who act — or who an employer wishes to designate — as a First Aider for Mental Health within their organisation; a named point of contact for colleagues experiencing or suspected of experiencing a mental health condition.

Description: This Ofqual regulated one-day qualification builds on the content of the Level 1 Awareness course and provides delegates with comprehensive knowledge across a range of the most common mental health conditions.

Delegates will learn how to recognise when a colleague may be experiencing a mental health condition, how to start a supportive conversation, and how to apply the First Aid for Mental Health Action Plan — a practical tool that enables delegates to provide structured guidance and support whilst signposting towards professional help. The course also covers the effects of drugs and alcohol and equips delegates to support employers in building and sustaining a positive mental health culture in the workplace.

Specific Content Includes: 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.

Assessment Method: Practical demonstration of the First Aid for Mental Health Action Plan and a multiple-choice question paper. No external assessors are required. Qualification is valid for three years from the date of achievement.

Annual Refresher: It is strongly recommended that delegates attend annual refresher training to maintain confidence and currency between requalification every 3 years.



12hr Supervising First Aid for Mental Health - L3 (SFAMH)

Cost: £195pp

Course Title: Level 3 Award in Supervising First Aid for Mental Health - 12hr

Target Group: Supervisors, managers, team leaders, and HR professionals with responsibility for the welfare of others and for implementing a positive mental health culture across their organisation.

Description: This Ofqual regulated two-day qualification builds on the content of both the Level 1 and Level 2 courses and is designed for those with organisational responsibility for mental health provision, rather than just individual response. It covers a significantly wider range of mental health conditions in greater depth, including the range of therapies and professional support pathways that a person may encounter during treatment — equipping delegates to provide more informed guidance and to better support colleagues throughout their recovery. Delegates will develop the knowledge and confidence to lead on mental health within their organisation, implement effective workplace mental health strategies, and act as a senior point of expertise for First Aiders for Mental Health across their team.

Specific Content Includes: A wide range of mental health conditions covered in detail including associated therapies and professional support pathways; what is First Aid for Mental Health; identifying mental health conditions; providing advice and starting a conversation; drugs and alcohol; stress; anxiety; depression; post-traumatic stress disorder; self-harm; suicide; eating disorders; personality disorders; bipolar disorder; psychosis; schizophrenia; drugs and alcohol; First Aid for Mental Health Action Plan; First Aid for Mental Health in the workplace.

Assessment Method: Ongoing practical assessment by the instructor each day, plus a written assessment on each day. No external assessors are required. Qualification is valid for three years from the date of achievement.

Annual Refresher: It is strongly recommended that delegates attend annual refresher training to maintain confidence and currency between requalification every 3 years.



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: FAMHA 4-hr courses from **£115pp**, FAMH 1-day courses from **£165pp**, FAMHS 2-day courses from **£235pp** & includes certification & manual. See www.DPTrainingUK.com/course-diary for upcoming course dates and venues.

Bespoke/ Private Courses: Our costs are established at a base rate of **£475/ day** or **£75/ hr + £175 Course Admin Cost**.

- This cost does not include certification and manuals, charged separately at cost from the Awarding Organisation at **£15pp**.
- Further certification, for multiple short courses delivered in any single day or dual certification is costed at **£27.50pp/ Qualification**.
- Bespoke DPTrainingUK e.Certification is charged at **£2.50pp**
- This cost does not include any foreseeable and reasonable expenses, such as venue hire or accommodation, always agreed in advance.



Please get in touch to discuss these options further.



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