

First Aid for Mental Health Annual Refresher

Course Introduction

This half day refresher course provides the opportunity for any individual who's previously attended the [FAA Level 2 First aid](#) for Mental Health or [FAA Level 3 Supervising First Aid](#) for Mental Health course to annually refresh their skills and knowledge gained from previous attendance.

The course is designed to support mental health first aiders with updated skills and knowledge to carry out their role confidently & effectively.

Course Pre-Requisites

You must have attended & passed the [FAA Level 2 First Aid for Mental Health](#) or [Level 3 Supervising First Aid](#) for Mental Health to attend this annual refresher course.

See below for helplines & support from Mental Health industry professionals:

MIND - 0330 123 3393

Samaritans - 116 123

Shout - Text 'SHOUT' to 85258

Lighthouse Construction Industry Helpline - 0345 605 1956

Course Topics

Module 1 Introduction

Module 2 What is first aid for mental health?

Module 3 Stress

Module 4 Mental health conditions

Module 5 First aid action plan for mental health

Module 6 External factors affecting mental health

Module 7 Wellbeing

Module 8 Course closure

Assessment Method

No Assessment

Qualification Expiry

1 Year