

# Mental Health First Aid in the Workplace Level 3

Rating ★★★★★

This two-day course provides students with the knowledge, skills and confidence to recognise and actively promote positive mental health in the workplace.

## Course content

The aim of the course is to benefit the students by educating them in common mental health problems related to work such as stress, depression, anxiety, eating disorders and post-traumatic stress disorder.

“This is an outstanding course; I’m now prepared to spot and mitigate the warning signs.”

Student Testimonial



PROMETHEUS  
MEDICAL

## The syllabus includes:

- Understanding mental health and its importance
- Work related stress
- Roles and responsibilities of the mental health first aider
- Own wellbeing as a mental health first aider
- Common mental health conditions
- Stress
- Anxiety
- Depression
- Suicide
- Bi-polar
- Schizophrenia
- PTSD and OCD
- Contributory factors
- How to support those experiencing poor mental health at work
- Action plans

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**Duration:** 2 days

**Entry Criteria:** There are no formal entry requirements, however, students should have an interest in the area of mental health due to the content of the course and the nature of the role of the mental health first-aider.

**Certification:** Quasafe (QA) Level 3 Mental Health First Aid in the Workplace

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