



# MENTAL HEALTH FIRST AID TRAINING

## Information Pack

## 2022



## Cite

**'SEVERAL OF US UNDERTOOK THE MH FIRST AIDER TRAINING WITH LAMP - UNANIMOUSLY WE FOUND IT THOUGHT PROVOKING, EYE OPENING AND EXTREMELY USEFUL. WE ALL FELT FAR BETTER PREPARED AND RESOURCED TO HELP ANY OF OUR COLLEAGUES WHO MAY WANT TO DISCUSS MENTAL HEALTH CONCERNS IN THE FUTURE'**

*Mental Health First Aid Training - Testimonial*



@lampmentalhealth



@lampcharity



@lampleicester



@lampadvocacy

Leicestershire Action for Mental Health Project  
**LAMP**

# 01

## TRAINING OPTIONS

Lamp are now offering First Aid for Mental Health qualifications that have been developed by First Aid Awards (FAA). Our main aim is to raise the awareness of mental health within the Leicestershire and wider British public and Leicestershire and UK workplaces through national qualifications regulated by Ofqual which are listed on the Regulated Qualifications Framework (RQF) and The Scottish Qualifications Authority (SCQF).

The First Aid for Mental Health programme has been developed using the latest research and information from some of the world's largest medical institutions and we ensure all knowledge that is achieved through attendance is up to date. We provide learners with the appropriate tools and information to support a person with a suspected mental health condition.

Course can be delivered face to face or online via Zoom or Teams and incorporate both taught sessions and self-study.

## WHY CHOOSE LAMP

Unlike with other providers, any profits Lamp make from sessions go directly back into charitable work, including helping to run our advocacy service. So not only do you help your organisation, you also help support us as a charity.

We can also provide independent supervision to your mental health first aiders to support them in dealing with their and their colleagues mental health. To find out more about our charity please visit: [www.lampadvocacy.co.uk](http://www.lampadvocacy.co.uk)

# 02

## PACKAGES



### **Level 1 – Awareness of First Aid for Mental Health - Cost £90 per person**

This is 4 Hours Face to Face in person training  
(or 2 hours of online taught sessions and 3 hours of self-study)



### **Level 2 - First Aid for Mental Health Cost £180 per person**

This is 1 day, or 7 hours face to face in person training  
(or 3 hours of online taught sessions and 4 hours of self-study)



### **Level 3 – Supervising First Aid for Mental Health - Cost £300 per person**

This is 2 days or 12 hours in total face to face training  
(or 6 hours of online taught sessions and 8 hours of self-study)



A 10% discount on these prices is available for groups of 10 or more (Level 1 and 2 courses) and a discount of 15% for the Level 3 course.

**Want to connect with local businesses passionate about mental health and influence better mental health in the workplace.  
Join our Lamp Business Club**



For further information visit : [www.lampadvocacy.co.uk/business-club](http://www.lampadvocacy.co.uk/business-club)

## COURSE CONTENT

### LEVEL 2 – FIRST AID FOR MENTAL HEALTH (RECOMMENDED)

This course is aimed at providing learners with the knowledge to identify suspected mental health conditions and the skills to start a conversation and be able to signpost the person towards professional help) 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.

#### **KNOW WHAT MENTAL HEALTH IS, WHY PEOPLE DEVELOP MENTAL HEALTH CONDITIONS AND THE ROLE OF A FIRST AIDER FOR MENTAL HEALTH**

- Define mental health
- Indicate understanding of the stigma surrounding mental health
- Identify factors that can affect a person's mental health
- Understand the role of a First Aider for mental health

Know how to provide advice and practical support for a person presenting a mental health condition

- Outline the advice that should be provided to a person suffering from a suspected mental health condition
- Know when to contact the emergency services in respect of first aid for mental health

#### **KNOW HOW TO RECOGNISE AND MANAGE STRESS**

- Identify signs of stress
- State how stress can be managed
  - Know how to recognise a range of mental health conditions
- Identify signs and/or symptoms for the following mental health conditions:
  - Depression
  - Anxiety
  - Psychosis
  - Eating disorders
  - Suicide
  - Self-harm



#### **UNDERSTAND THE IMPACT OF SUBSTANCE ABUSE ON MENTAL HEALTH**

- State potential effects of alcohol and drug abuse on a person's mental health
- Outline potential negative consequences of substance abuse on a person's employment and lifestyle

#### **UNDERSTAND THE FIRST AID ACTION PLAN FOR MENTAL HEALTH AND BE ABLE TO PUT IT IN PLACE**

- Demonstrate the application of the first aid action plan for mental health

#### **KNOW HOW TO IMPLEMENT A POSITIVE MENTAL HEALTH CULTURE IN THE WORKPLACE**

- State key factors in providing a positive mental health culture in the workplace
  - Know how to implement a positive mental health culture in the workplace