

# Mettaminds

## First Aid for Mental Health



**EMPLOYERS**      **EMPLOYEES**  
**COMMUNITY**      **COLLEGES**

**INVEST IN YOUR  
MENTAL  
WELLBEING**

**UNIVERSITIES**  
**SCHOOLS**      **CHARITIES**  
**INDIVIDUALS**

**METTAMINDS  
CIC  
"CREATING  
BETTER  
MINDS"**



**\*FAA LEVEL 1 AWARD IN AWARENESS OF FIRST AID  
FOR MENTAL HEALTH**

**\*FAA LEVEL 2 AWARD IN AWARENESS OF FIRST AID FOR  
MENTAL HEALTH**

**\*FAA LEVEL 3 AWARD IN SUPERVISING FIRST AID FOR  
MENTAL HEALTH**

**FREE ADVICE AND SUPPORT**

**Sp Adobe Spark**

## Overview

### **RQF qualifications and support in creating a positive wellbeing support environment.**

Mettaminds will support you in creating a wellbeing culture. Through our First Aid for Mental health qualifications and our support, advice and guidance, we can help you really utilise the qualification in practically raising mental health awareness and promoting practical solutions. We can also support organisations in practical support networks.

## Course information

### **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
- ★ Creating wellbeing support systems
- ★ Depression
- ★ Anxiety

### **What qualification will I gain?**

This course has been developed within the United Kingdom and as such taken the unique needs of the British public and UK workplaces into highest consideration during the development. The First Aid for Mental Health qualifications has been developed by First Aid Awards (FAA). Our main aim is to raise the awareness of mental health within the British public and UK workplaces through national qualifications regulated by Ofqual, listed on the Regulated Qualifications Framework (RQF).

