



Robinson Grace
HR CONSULTANCY

First Aid for Mental Health (Level 2)

Date: 20th June 2025

Time: 09:30 - 16:30

Venue: Microsoft Teams Online Platform

Fee: £199 + VAT per person

This workshop is suitable for: All staff interested in gaining a qualification in First Aid for Mental Health.

Trainer Information

John is a Swindon-based member of the Association for Neuro Linguistic Programming and the Association for Coaching and the UK College for Personal Development.

John offers numerous styles of mindset coaching and Mental Health training to help candidates achieve their sporting, personal and business goals, and provide supportive conversations to others.

Booking Information

To book a place/s email
clientservices@
robinsongracehr.co.uk

Our acceptance of your booking brings into existence a legally binding contract between us. To avoid any confusion, we ask that cancellations are by email only. Payment is required in advance of the course. Refunds can only be requested 2 weeks prior to the course date. No refunds will be issued within two weeks of the course date.

Introduction

This workshop provides candidates with the knowledge to recognise a range of mental health conditions, how to start a supportive conversation and when and how to signpost a person to seek appropriate professional help.

A range of First Aid for Mental Health related 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

Outcomes

At the end of the workshop, candidates will:

- Know how to recognise and manage stress
- Understand the impact of substance abuse
- Understand the first aid action plan for mental health
- Be able to put in place and know how to implement a positive mental health culture in the workplace
- Gain the knowledge to identify when a person may have a condition and know where they can go to get help

On completion of the course, you will receive the FAA Level 2 Award in First Aid for Mental Health, subject to successful assessment. The assessment will be based on a range of methods including practical, discussion and questioning (open and multiple choice).