

NUCO first aid for mental health

Is Mental Health First Aid required by law?

Currently, legislation for mental health first aid provision in the workplace is not yet in place. The health and safety executive says:

"You should consider ways to manage mental ill health in your workplace which are appropriate for your business, such as providing information or training for managers and employees, employing occupational health professionals, appointing mental health trained first aiders and implementing employee support programs."

Day One

Module 1 – Introduction

Module 2 – What is mental health?

Module 3 – Identifying mental health conditions

Module 4 – Providing support and

Module 5 – Stress

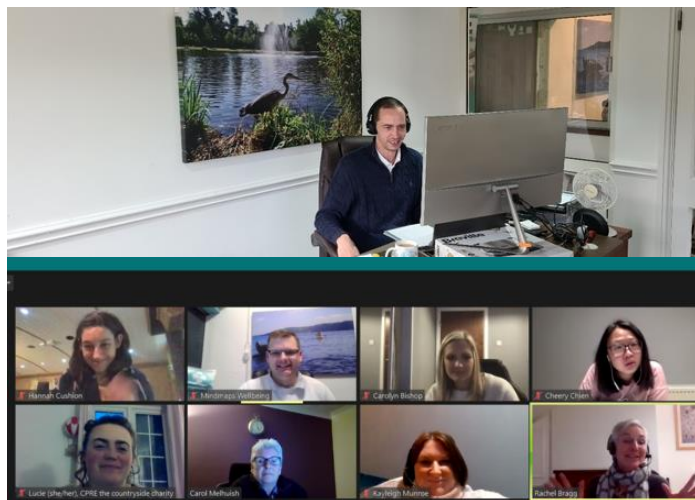
Module 6 – Drugs and Alcohol

Module 7 First aid action plan for mental health

Module 8 – Mental health in the workplace

Module 9 – Depression

Module 10 - Anxiety



Day Two

Module 1 – Day one recap

Module 2 – Post traumatic stress disorder

Module 3 – Self-care

Module 4 – Suicide

Module 5 – Eating disorder

Module 6 – Personality disorder

Module 7 – Bipolar disorder

Module 8 – Psychosis

Module 9 – Schizophrenia

Module 10 – One to one assessment & close.

"This was a really well delivered course. Tim was amazing and offered so much knowledge and insight. I loved that he fostered group conversation as much as possible rather than just reading from the slides. It was sensitively delivered and a really comfortable space was created. I liked how he used his experience and knowledge to create a more bespoke and engaging course. Course materials were good, Tim put his own spin on those which was great!"
Anonymous from an attendee



Learn the skills that could save a life!