

## FAA Award in Mental Health First Aid 2023 Training Schedule

We are pleased to offer our Mental Health First Aid 2023 Training Schedule.

**FAA Level 1 Award in Awareness of First Aid for Mental Health** £110 per person  
(9:00am-1:00pm)

This accredited course will cover:

- What is First Aid for Mental Health?
- Identifying mental health conditions
- Providing advice and starting a conversation

Wednesday 1<sup>st</sup> February 2023  
Wednesday 12<sup>th</sup> April 2023  
Monday 19<sup>th</sup> June 2023  
Wednesday 16<sup>th</sup> August 2023  
Wednesday 18<sup>th</sup> October 2023  
Wednesday 6<sup>th</sup> December 2023

**FAA Level 2 Award in First Aid for Mental Health** £220 per person  
(9:00am-5:30pm)

This accredited course will cover:

- 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
- Depression
- Post-traumatic stress disorder
- Self-harm
- Suicide
- Eating disorders
- Personality disorders
- Bipolar disorder
- Psychosis
- Schizophrenia
- Anxiety

Wednesday 25<sup>th</sup> January 2023  
Wednesday 15<sup>th</sup> Feb 2023  
Wednesday 22<sup>nd</sup> March 2023  
Wednesday 26<sup>th</sup> April 2023  
Wednesday 3<sup>rd</sup> May 2023  
Wednesday 7<sup>th</sup> June 2023  
Wednesday 5<sup>th</sup> July 2023  
Monday 7<sup>th</sup> August 2023  
Wednesday 13<sup>th</sup> September 2023  
Wednesday 11<sup>th</sup> October 2023  
Wednesday 15<sup>th</sup> November 2023

## FAA Award in Mental Health First Aid 2023 Training Schedule

Monday 4<sup>th</sup> December 2023

### FAA Level 3 Award in Supervising First Aid for Mental Health

£300 per person

(9.00 am-5.30pm)

This two-day accredited course is designed for those in supervisory roles who may have responsibility for others. It will cover:

- What is First Aid for Mental Health?
- Identifying mental health conditions
- Providing advice and starting a conversation
- Drugs and alcohol
- First Aid for Mental Health action plan
- First Aid for Mental Health in the workplace
- An extensive range of Mental Health conditions are covered in great detail

Monday 6<sup>th</sup>/Tuesday 7<sup>th</sup> March 2023

Tuesday 30<sup>th</sup>/Wednesday 31<sup>st</sup> May 2023

Monday 12<sup>th</sup>/Tuesday 13<sup>th</sup> June 2023

Monday 4<sup>th</sup>/Tuesday 5<sup>th</sup> September 2023

Wednesday 1<sup>st</sup>/Thursday 2<sup>nd</sup> November 2023

*All courses will have breaks and on one and two-day courses, refreshments will be provided.*

### Short Awareness Courses

The following courses are 2-3 hours

£75 per person

Bereavement Support	31 <sup>st</sup> January
Low Mood, Anxiety & Stress	20 <sup>th</sup> February
The Art of Positive Thinking	13 <sup>th</sup> March
Healthy Sleep Habits	17 <sup>th</sup> April
Basic Counselling Skills	24 <sup>th</sup> May
Managing Anger	21 <sup>st</sup> June
Suicide Awareness	To be confirmed (MIND/Safeguarding Partnership Board)
Understanding OCD	19 <sup>th</sup> September
Understanding Self Harm	3 <sup>rd</sup> October
Understanding Eating Disorders	8 <sup>th</sup> November

We can also accommodate 'in-house' training and online courses if required.

If you would like to enrol on any of these courses, please contact [a.leboutillier@mindjersey.org](mailto:a.leboutillier@mindjersey.org)