

# LEVEL 3 AWARD IN MENTAL HEALTH FIRST AID

Subject Area  
Student Type  
Study Mode

Health, Social Care &  
Life Sciences  
Adults  
Part Time

## What is the course about?

This course covers a wide range of mental health conditions and a range of therapies and professional support that a person may be given by professionals during treatments for a mental health condition.

## Why should I choose the course?

This two-day qualification fulfils the requirements for mental health first aid training. The course is suitable for anyone within a work place or someone who has responsibility for first aid of mental health within an organisation.

## What will I learn?

Content includes:

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

A large range of Mental Health conditions covered in detail

Practical assessments will be carried out throughout the course along with a written assessment on each day.

## What will the course lead on to?

This qualification is valid for three years from the date of achievement. It is recommended that you attend annual refresher training.

You will need to complete the full course again to requalify for a further three years.



**Warrington  
& Vale Royal  
College**

Warrington Campus  
Winwick Rd, Warrington WA2 8QA

 [wvr.ac.uk](http://wvr.ac.uk)

 01925 494 494

Winsford campus  
Weaver St, Winsford CW7 4AH

 [learner.services@wvr.ac.uk](mailto:learner.services@wvr.ac.uk)

# Are there any links with industry and university?

As part of the Health and Social Care Academy we have valuable industry links within the community and with universities. These links provide opportunities to go out on industry placement to further develop your skills should you choose to complete further qualifications with us.

# What support is available?

We have a team of staff dedicated to providing learning support if it is required and a welfare team that are on hand to offer guidance, support and help when needed. Additionally, eligible students can access a wide range of finance and funding support to help them during their time at college.

# Why should I choose to study the course at Warrington & Vale Royal College?

This course is delivered by an experienced teacher with Early Years industry background, which enables them to share their knowledge and provide real life examples of how the skills gained can be used in practice.



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