

Mental Health Training



What is First Aid for Mental Health Training?

Practical, inclusive and confidence-building training, designed to help people recognise, respond and support mental health challenges safely and compassionately.

Are You Experiencing...

- Staff or teams struggling but unsure how to start conversations?
- Managers lacking confidence supporting mental wellbeing?
- Rising stress, burnout or disengagement?
- Concerns around psychological safety and workplace culture?
- Mental health awareness that doesn't translate into practical action?
- Fear of "saying the wrong thing" when someone is struggling?

Many people care deeply... but freeze in the moment because they do not feel equipped to respond confidently.



I am very grateful for the opportunity to take this course. The trainer was incredibly supportive, and the course content was practical and valuable. I feel confident in the skills I have learned and highly recommend this training.



Our Solutions For You



- Half Day Level 1 Award in Awareness of First Aid for Mental Health: Practical introduction to mental health awareness and supportive conversations.
- Full Day Level 2 Award in First Aid for Mental Health: Interactive, scenario-based training designed to build confidence in recognising and responding to mental health difficulties.
- Bespoke Mental Health & Wellbeing Workshops: Tailored sessions for workplaces, education, sport and community organisations focusing on wellbeing, psychological safety and inclusive support.

This training combines:

- Ofqual-regulated qualifications through First Aid Awards Ltd and quality-assured Nuco Training
- Professional expertise across education, inclusion, wellbeing and sport
- Academic knowledge and evidence-informed practice
- Lived experience of mental health and neurodivergence
- Inclusive and neuroinclusive delivery adapted to different learners
- Interactive learning using realistic scenarios and practical discussion



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