

# PARENTS IN PARTNERSHIP

Family Learning Event  
Mental Health First Aid course



## AIMS:

- To offer parents and carers the opportunity to gain a Mental Health First Aid qualification.
- To provide parents and carers with the knowledge to identify suspected mental health conditions.



## DESCRIPTION:

This course provides learners with the knowledge to identify suspected mental health conditions as well as covering the effects of drugs and alcohol and the First Aid for Mental Health Action Plan.

A range of subjects are covered including..

- 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.

## Feedback from parents :

The course increased my knowledge of the subject matter?

- Strongly agree
- Agree
- Disagree
- Strongly Disagree



"It was an amazing experience, it made me to know more about my mental health and that of others to understand what is meant by mental health and wellb"

"This course was very useful and I really enjoyed taking part in it. I think that the course content was very beneficial and I will be able to use the "

"Derek the facilitator was extremely well versed in his subject and brought lots of lived experience, which really hit home."