

## Certificate of Attendance

FIRST AID FOR ALL



Skills for life

Awarded to:

**Akwaugo Ajero**

for successfully demonstrating the required skills and knowledgein:

## First Aid for Mental Health and Wellbeing in the Workplace - Zoom

2 day/12 hour

Delivery: instructor led via video link

Syllabus:

- Recognising possible signs and symptoms of a person that has mental ill-health or is suffering with stress
- Understanding Mental health and its stigma
- Using a Mental Health Plan to help those in crisis or need
- Finding external professional help and guidance
- The law in relation to mental health and the workplace
- Best practice when helping someone to stay in work or return to work
- Workplace policies and procedures for dealing with mental health
- Tolerance and understanding when dealing with workplace mental health
- Understanding potential issues and positive and negative mental health workplace practices
- Understanding of more complex mental health conditions
- Promoting well-being in the workplace and how you can become an Ambassador for Mental Health and Wellbeing
- Information on self-care to aid prevention to help others and yourself

Specific workplace mental issues: Anxiety, Bipolar, Depression, Eating disorders, Personality disorders, Post traumatic stress, Psychosis, Schizophrenia, Self harm, Suicide

Valid for 3 Years from: 21st December 2021

**Expiry date: 20th December 2024**

Re-qualification required between: 20th September 2024 to 20th December 2024

Certificate Validator:

<http://www.firstaidforall.uk/certificate?275299.242118>



*First Aid Industry Body Approval Number: 58/09/213*

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Member of



The First Aid Industry Body