

## Certificate of Attendance

FIRST AID FOR ALL



Skills for life

Awarded to:

**Lisa Mcbeal**

for successfully demonstrating the required competence, skills and knowledge in:

## First Aid for Mental Health in the Workplace

1 day/6 hours

Delivery: 100% face-to-face classroom training

Syllabus:

Overview of workplace mental health and "first aid" for mental health

Assisting colleagues and people you work with: giving advice & providing resources.

Creating and understanding a workplace mental health action plan

Being able to identify the most common workplace mental health issues

Effects of stress

Drugs (legal and illegal) and alcohol

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?275366.242508>



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

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Director, First Aid For All Ltd.

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Member of



The First Aid Industry Body