

# NUCO LEVEL 2 MENTAL HEALTH FIRST AID

<b>COURSE DURATION</b>	6 hours
<b>CERTIFICATION</b>	3 years
<b>QUALIFICATION</b>	Mental Health First Aider
<b>ASSESSMENT</b>	Formal written assessment
<b>ADDITIONAL SUBJECTS</b> <i>(and bespoke content)</i>	Additional subjects could add extra time to your course. If you require bespoke content, please get in touch.
<b>RENEWAL</b>	Repeat the course. We provide an email reminder service.
<b>MCG POLICIES</b> <i>(details on request)</i>	MCG has an equality and diversity policy and a robust complaints policy and procedure – we treat all opportunities to improve our service with positivity and respect. Our GDPR privacy policy and general terms and conditions are available to view at <a href="http://www.mcgtraining.co.uk">www.mcgtraining.co.uk</a> .

## CONTENT – HSE and Resuscitation Council content-compliant

- Introduction
- What is First Aid for Mental Health?
- Identifying Mental Health conditions
- Providing advice and starting a conversation
- Stress
- Mental Health conditions
- Drugs and alcohol
- First Aid for Mental Health action plan
- First Aid for Mental Health in the workplace
- Assessment and Course Closure