

Spencer Holloway-Hewson

Has achieved the required standards of competence in:

Fundamental Wellbeing First Aid

Certificate Issue Date: 24/07/2024

SkillBase First Aid recommend refreshing your mental health training skills every 3 years

Certificate Valid for Three Years from Issue Date

Certificate Reference: 6316487

This course has been delivered in accordance with the Health & Safety Executive's (HSE)
'Mental Health Conditions, Work and The Workplace' guidance.

Authorised by



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CEO, SkillBase First Aid



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What's covered on your course

	Fundamental wellbeing Essentials	Fundamental wellbeing Foundations	Fundamental wellbeing Supporter	Fundamental wellbeing First Aid	Fundamental wellbeing Requalification
Learning Hours	2.5	4	6	12	6
What is mental health	✓	✓	✓	✓	✓
Cognitive Cycle - thoughts, feelings, physical, behaviours	✓	✓	✓	✓	✓
How common are mental health problems?	✓	✓	✓	✓	✓
Mental health as a spectrum	✓	✓	✓	✓	✓
Mental health alarm bells	✓	✓	✓	✓	✓
Stigma & discrimination	✓	✓	✓	✓	✓
The cycle of stigma		✓	✓	✓	✓
Reducing stigma		✓	✓	✓	✓
Appropriate & inappropriate language		✓	✓	✓	✓
Recovery & wellness	✓	✓	✓	✓	✓
The Pressure Pot: What is stress & pressure	✓	✓	✓	✓	✓
The Pressure Pot: Protective factors & vulnerability	✓	✓	✓	✓	✓
The Pressure Pot: Thought processes (cognitive distortions)		✓	✓	✓	✓
The Pressure Pot: Helpful wellbeing strategies and unhelpful coping methods	✓	✓	✓	✓	✓
Stress alarm bells		✓	✓	✓	✓
Stress self-care: I. A.M. C.A.L.M.E.R			✓	✓	✓
Slice of self-care - for you				✓	
First Aid A.C.T.I.O.N.S				✓	✓
A closer look at A.C.T	✓	✓	✓	✓	
A closer look at I.O.N.S				✓	
What is anxiety?			✓	✓	✓
Why do people experience anxiety?			✓	✓	✓
Anxiety alarm bells			✓	✓	✓
A.C.T.I.O.N.S for anxiety				✓	✓
Panic attacks & panic disorder				✓	✓
Eating problems				✓	✓
Self-harm				✓	✓
Phobias				✓	✓
Obsessive Compulsive Disorder				✓	✓
What is depression?				✓	✓
Why do people experience depression?				✓	✓
Depression alarm bells				✓	✓
Psychotic symptoms				✓	
A.C.T.I.O.N.S for depression				✓	✓
Lived experience of depression - case study				✓	
Reflection		✓	✓	✓	✓