



**Approved
Instructor
Network**

Adrian Wijay

Has achieved the required standards of competence in:

Fundamental Wellbeing Supporter

Certificate Issue Date: 29/08/2024

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

Certificate Valid for Three Years from Issue Date

Certificate Reference: 6442235

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

Authorised by

Tracey Dangerfield
CEO, SkillBase First Aid

The Approved Instructor Network is a network of independent & workplace training instructors across the UK and Europe, certified by SkillBase First Aid

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Registered address: The Store Room, Foxholes Rd, Leicester, LE3 1TH.
Registered No 11573464

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		✓	✓	✓	✓