

Mental Health Education

Developing Mental Health First Aid Skills

When does this start and end?

- 2 February 2026 - 3 February 2026

What are the entry requirements?

No formal qualifications are required to study this course. A willingness to learn is essential.

Need more information?

You can find out more about Northern College and the courses on offer by calling us on 01226 776000 or emailing us courses@northern.ac.uk

Course description

You will develop your understanding and skills in supporting someone who may be experiencing mental health difficulties. This is an interactive course which requires student participation in practical demonstration and presentation of skills learned.

Please note:

The course is not intended to provide individual support for mental illnesses, but rather to develop skills in recognising and responding to difficulties and providing initial support. The training room is not an appropriate therapeutic environment for sharing personal trauma. If you need support with your own mental health, or those close to you, please contact your local mental health services or GP. You can find helpful information on the NHS website at <https://www.nhs.uk/mental-health/> If someone is at immediate risk of harm, call 999.

If you are a student at the college and require support, please contact advice@northern.ac.uk It is important that if you have any learning support needs, including any mental health issues which may be triggered by the content of the course, that you declare these and have a learning support assessment, so we can ensure appropriate support is available before enrolment.

What can this course lead to?

This course is beneficial for those who have been out of education or work for a while and are looking to gain new knowledge and skills. You could progress on to further short courses such as Exploring Mental Health Issues and/or progress to gaining a qualification such as the Level 1 Award in Mental Health Awareness. Our Student Support Services team will work with you to design a personalised learning journey based on your needs and aspirations.

Want to learn more?

You can find out more about Northern College and the courses on offer at one of our Open Events [<https://www.northern.ac.uk/open-events/>]

Course session dates

Session dates for 2 February 2026 - 3 February 2026

-

Last updated: 8th December 2025