

I have already completed a Mental Health Train the Trainer course with another provider. Do I need to attend another FAIB Train the Trainer course?

Any Trainer wishing to deliver the FAIB Adult or Child Mental Health courses may be required to attend all or part of a FAIB Train the Trainer course.

This is because the FAIB course covers all 3 aspects of Mental Health Training which are the following:

1 - First Aid For Mental Health

This section focuses on:

- Improving ability to recognise mental health problems.
- Changing beliefs about treatment to be more like those of health professionals
- Decreasing stigmatisation
- Increasing confidence in providing help to someone with a mental health problem

2 – Mental Health In The Workplace

This section focuses on setting up a Mental Health action plan which can be implemented into a workplace, so employers fulfil their legal obligations, and their staff know what steps to take when facing a Mental Health problem.

3- Wellbeing

FAIB teach a proven wellbeing framework that is backed by research and the NHS's 5 ways to wellbeing which can be implemented either personally or in a workplace environment.

However FAIB accept that other Mental Health training has already been in existence prior to 1 January 2020 and therefore FAIB will consider Accredited Prior Learning (APL) for Mental Health qualified Trainers who have attended other Train the Trainer courses, on a case by case basis. FAIB will also take into account the current competency of that Trainer.

Please note that by attending a 1 or 2 day Mental Health course, which is not part of a Train the Trainer course with any company, will not be considered towards APL.

Additional Support

If you do require additional support after the course our Lead Trainer(s) are available to support you in co-delivery at an additional cost.