

Feature	RRR Core	RRR Integrated
Overall focus	Preventative wellbeing framework	Accredited mental health awareness + embodied self-care
Framework	Recognise · Respond · Recover	Recognise · Respond · Recover
Length	One full day (approx. 6 hours)	One full day (approx. 6 hours)
Morning session	Recognise – early signs of stress and pressure	First Aid for Mental Health (FAMH) Awareness
Afternoon session	Respond & Recover – regulation & sustainable self-care	Respond & Recover – FRT-informed self-care
Accreditation	Not accredited	FAMH Awareness – OFQUAL / SQA accredited
Approach	Educational, reflective, practical	Educational, experiential, practical
Stress response focus	Understanding stress & simple regulation tools	Stress understanding + embodied regulation
Self-care element	Practical everyday practices	Structured, guided FRT-informed self-care
Personal disclosure required	No	No
Reasonable adjustments	Not applicable	Optional (via confidential registration form – FAMH only)
Clinical content	None	None
Group size (in-person)	Up to 16 participants	Up to 16 participants
RRR Self-Care Journal	✓ Included	✓ Included
Best for	Shared framework & prevention	Accreditation + distinctive self-care
Key benefit	Builds awareness & sustainable habits	Combines recognised accreditation with practical restoration