

AWARENESS OF FIRST AID FOR MENTAL HEALTH TRAINING COURSE

RQF Level 1 Award (England, N Ireland and Wales)

Qualification title: FAA Level 1 Award in Awareness of First Aid for Mental Health (RQF) **Code:** 603/3768/0

Unit title: Awareness of First Aid for Mental Health **Unit code:** R/617/2918



This ½-Day course is aimed at providing learners with the knowledge to identify suspected mental health conditions and the skills to start a conversation and be able to signpost the person towards professional help.

Each year approximately 1 in 4 people in the UK will experience a mental health condition and at least 1 in 6 employees experience common mental health problems in the workplace. This 4-hour qualification provides learners with the knowledge to recognise a range of mental health conditions, how to start a supportive conversation and when and how to signpost a person to seek appropriate professional help. Learners will know how to recognise and manage stress. Learners will not diagnose or treat mental health conditions as this can only be carried out by healthcare professionals but will gain the knowledge to identify when a person may have a condition and know where they can go to get help.

Duration

A minimum of 4 hours spread over at least one day. Ideally, the course should be run in one day, but must be completed within 2 weeks of starting the course, with each training session a minimum of two hours.

Syllabus

A range of First Aid for Mental Health related subjects are covered including:

- What is First Aid for Mental Health?
- Identifying mental health conditions
- Providing advice and starting a conversation
- Stress
- Mental health conditions

Numbers

A maximum of 16 students are allowed on the course and must be a minimum of 14 years of age. A certificate can be offered to all, subject to assessment.

Assessment

A range of methods are used, including practical and questioning (open and multiple-choice).

Certification

A Level 1 Award in Awareness for First Aid for Mental Health will be issued to the learner, subject to successful assessment. This qualification is valid for three years from the date of achievement. It is strongly recommended that the learner attends annual refresher training. The learner will need to complete the full course again to requalify for a further three years.

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LEARNING OUTCOMES

The learner will:

1. Know what mental health is, why people develop mental health conditions and the role of a First Aider for mental health

2. Know how to provide advice and practical support for a person presenting a mental health condition

3. Know how to recognise and manage stress

4. Know how to recognise a range of mental health conditions

ASSESSMENT CRITERIA

The learner can:

1.1 Define mental health
1.2 Indicate understanding of the stigma surrounding mental health
1.3 Identify factors that can affect a person's mental health
1.4 Understand the role of a First Aider for mental health

2.1 Outline the advice that should be provided to a person suffering from a suspected mental health condition
2.2 Know when to contact the emergency services in respect of first aid for mental health

3.1 Identify signs of stress
3.2 State how stress can be managed

4.1 Identify signs and/or symptoms for the following mental health conditions:

- Depression
- Anxiety
- Psychosis
- Eating disorders
- Suicide
- Self-harm