

# FIRST AID FOR MENTAL HEALTH TRAINING COURSE

RQF Level 2 Award (England, N Ireland and Wales)

Qualification title: FAA Level 2 Award in First Aid for Mental Health (RQF) Code: 603/3769/2

Unit title: First Aid for Mental Health

Unit code: Y/617/2919



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. Research has shown that work is the biggest cause of stress which can stop people performing at their best. Mental health conditions are often hidden due to stigma and fear of discrimination and research has shown that a culture of fear and silence around mental health is costly to employers. The HSE guidance 'First aid needs assessment' refers to mental health in the workplace. This 6-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 and understand the impact of substance abuse. They will learn about the first aid action plan for mental health, be able to put it in place and know how to implement a positive mental health culture in the workplace.

## Duration

A minimum of 6 hours spread over at least one day.

## 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
- Drugs and alcohol
- First Aid for Mental Health action plan
- First Aid for Mental Health in the workplace

## 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 2 Award in 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.

# FIRST AID FOR MENTAL HEALTH TRAINING COURSE

## FIRST AID FOR MENTAL HEALTH

### 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

5. Understand the impact of substance abuse on mental health

6. Understand the first aid action plan for mental health and be able to put it in place

7. Know how to implement a positive mental health culture in the workplace

### 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

5.1 State potential effects of alcohol and drug abuse on a person's mental health  
5.2 Outline potential negative consequences of substance abuse on a person's employment and lifestyle

6.1 Demonstrate the application of the first aid action plan for mental health

7.1 State key factors in providing a positive mental health culture in the workplace  
7.2 Know how to implement a positive mental health culture in the workplace