

FIRST AID FOR MENTAL HEALTH TRAINING COURSE

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

Qualification title: FAA Level 3 Award in Supervising First Aid for Mental Health (RQF) Code: 603/3770/9

Unit title: Supervising First Aid for Mental Health Unit code: L/617/2920



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 12-hour qualification provides learners with the knowledge to recognise a wide range of mental health conditions and learn about the support/therapy provided by professional healthcare providers. They will know how to start a supportive conversation and when and how to signpost a person to seek appropriate professional help. Learners will recognise and manage stress and understand the impact of substance abuse. Learners will learn about the first aid action plan for mental health, be able to put it in place and understand how to implement a positive mental health culture in the workplace.

Duration

A minimum of 12 hours spread over at least two days. Ideally, the course should be run over two consecutive days, but must be completed within 6 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:

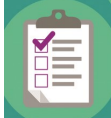
What is First Aid for Mental Health?	Post-traumatic stress disorder
Identifying mental health conditions	Self-harm
Providing advice and starting a conversation	Suicide
Stress	Eating disorders
Mental health conditions	Personality disorders
Drugs and alcohol	Bipolar disorder
First Aid for Mental Health action plan	Psychosis
First Aid for Mental Health in the workplace	Schizophrenia
Depression	Anxiety

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Numbers

A maximum of 16 students are allowed on the course and must be a minimum of 16 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 3 Award in Supervising 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.

SUPERVISING FIRST AID FOR MENTAL HEALTH

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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 suspected mental health condition

3. Know how to recognise and manage stress

4. Understand the impact of substance abuse on mental health

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

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

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

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

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LEARNING OUTCOMES

The learner will:

7. Understand a range of mental health disorders and the support/therapy provided by professional healthcare providers

ASSESSMENT CRITERIA

The learner can:

7.1 Describe the characteristics, including signs and/or symptoms, of each of the following mental health conditions:
Depression Anxiety PTSD Self-harm
Suicide Eating disorders Personality disorders Bipolar Psychosis Schizophrenia

7.2 Describe the support & therapy provided by professional healthcare providers for the following mental health conditions:
Depression Anxiety PTSD Self-harm
Suicide Eating disorders Personality disorders Bipolar Psychosis Schizophrenia

