

FAA LEVEL 3 AWARD IN SUPERVISING FIRST AID FOR MENTAL HEALTH (RQF)

QAN 603/3770/9

Unit title Supervising First aid for Mental Health

URN L/617/2920

DESCRIPTION

Learners will complete the Level 3 Award in Supervising Mental Health First Aid, which will equip them with the skills and knowledge to become a Mental Health First Aider.

Mental Health First Aiders have:

- An in-depth understanding of mental health and the factors that can affect well-being
- Practical skills to spot the triggers and signs of mental health issues
- Confidence to step in, reassure and support a person in distress
- Enhanced interpersonal skills such as non-judgemental listening
- Knowledge to help someone recover their health by guiding them to further support - whether that's self-help resources, through their employer, the NHS, or a mix

Subject areas covered include an understanding and awareness of mental health issues and their impact, stigma and discrimination, first aid for depression, alcohol, drugs and mental health, first aid for suicidal crisis, non-judgemental listening skills, first aid for anxiety disorders, crisis first aid after a traumatic event, understanding and awareness of personality disorders, eating disorders, self-harm, psychosis, and recovery and building resources and action planning for using MHFA.

ONLINE RESOURCES

E-book or hard copy book, resource list, revision materials, copy of presentation, registration and feedback form

DURATION

Learning takes place across four manageable sessions. Through a mix of group activities, presentations and discussions, each session is built around a Mental Health First Aid action plan.

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.

Online delivery is 6 hours

ASSESSMENT

Assessment is conducted through practical assessments, informal ongoing assessment and a multiple choice question paper.

Assessment online is via a one to one professional discussion

CERTIFICATION

By email once assessment is completed successfully
The qualification is valid for 3 years' upon completion.

NUMBERS

A maximum of 12 learners in a classroom setting
A maximum of 8 learners online



FAA LEVEL 3 AWARD IN SUPERVISING FIRST AID FOR MENTAL HEALTH (RQF)

QAN 603/3770/9

Unit title Supervising First aid for Mental Health

URN L/617/2920



PRINCIPLES OF SAFEGUARDING AND PROTECTING CHILDREN, YOUNG PEOPLE OR VULNERABLE ADULTS	
LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
1. Know what mental health is, why people develop mental health conditions and the role of a First Aider for mental health	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. Know how to provide advice and practical support for a person presenting a suspected mental health condition	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. Know how to recognise and manage stress	3.1 Identify signs of stress 3.2 State how stress can be managed
4. Understand the impact of substance abuse on mental health	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
Understand the first aid action plan for mental health and be able to put it in place	5.1 Demonstrate the application of the first aid action plan for mental health
6. Know how to implement a positive mental health culture in the workplace	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





PRINCIPLES OF SAFEGUARDING AND PROTECTING CHILDREN, YOUNG PEOPLE OR VULNERABLE ADULTS	
LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
7. Understand a range of mental health disorders and the support/therapy provided by professional healthcare providers	<p>7.1 Describe the characteristics, including signs and/or symptoms, of each of the following mental health conditions:</p> <ul style="list-style-type: none"> • Depression • Anxiety • PTSD • Self-harm • Suicide • Eating disorders • Personality disorders • Bipolar • Psychosis • Schizophrenia <p>7.2 Describe the support & therapy provided by professional healthcare providers for the following mental health conditions:</p> <ul style="list-style-type: none"> • Depression • Anxiety • PTSD • Self-harm • Suicide • Eating disorders • Personality disorders • Bipolar Psychosis • Schizophrenia