

DESCRIPTION

Learners will complete the Level 2 Award in Mental Health First Aid, and gain an understanding of common mental health issues, knowledge and confidence to advocate for mental health awareness and the ability to spot signs of mental ill-health.

Learning takes place across two manageable sessions. Through a mix of group activities, presentations and discussions, each session is built around a Mental Health First Aid action plan. Subject areas covered include an understanding and awareness of mental health issues, stigma and discrimination, and applying the mental health action plan

ONLINE RESOURCES

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

DURATION

3 hours when delivered online

A minimum of 6 hours spread over at least one day for classroom delivery

ASSESSMENT

Assessment online is via a one to one professional discussion

A range of methods are used, including practical and questioning (open and multiple choice) for assessment in the classroom setting.

CERTIFICATION

By email once assessment is completed successfully

NUMBERS

A maximum of 12 learners in the classroom

A maximum of 8 learners online



FIRST AID FOR MENTAL HEALTH	
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 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. Know how to recognise a range of mental health conditions	4.1 Identify signs and/or symptoms for the following mental health conditions: <ul style="list-style-type: none"> • Depression • Anxiety • Psychosis • Eating disorders • Suicide
5. Understand the impact of substance abuse on mental health	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



FIRST AID FOR MENTAL HEALTH	
LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
6. Understand the first aid action plan for mental health and be able to put it in place	6.1 Demonstrate the application of the first aid action plan for mental health
7. Know how to implement a positive mental health culture in the workplace	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

