

# 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



This 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.

### 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

### Description

This course is designed to raise awareness of the issues surrounding mental health difficulties, and dispel some of the myths and misconceptions frequently linked to mental health issues. It will assist learners to develop their knowledge of the rights of those with mental health issues. Subject areas covered include: Why Mental Health First Aid? The Mental Health First Aid action plan, and understanding of mental health issues and their impact and stigma and discrimination.

### Online Resources

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

### Duration

2 hours when delivered online

Half a day in when delivered in a classroom setting

### Assessment

Assessment online is via a one to one professional discussion

A range of methods are used for assessment in the classroom, including practical and questioning (open and multiplechoice)

### Certification

By email once assessment is completed successfully

### Numbers

A maximum of 12 learners in a classroom setting

A maximum of 8 learners online



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AWARENESS OF 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"> <li>• Depression</li> <li>• Anxiety</li> <li>• Psychosis</li> <li>• Eating disorders</li> <li>• Suicide</li> <li>• Self-harm</li> </ul>