

### DESCRIPTION

The FAA Award in First Aid for Youth Mental Health qualification is suitable for anyone who actively connects with children such as parents, carers, teachers, youth group leaders and young adults. The qualification has been designed with children and young people in mind covering areas such as depression, self-harm, eating disorders and bullying and will provide the knowledge and skills to identify a potential mental health condition, start a conversation, and provide support and guidance to professional help.

### ONLINE RESOURCES

resource list, revision materials, copy of presentation, registration and feedback form

### DURATION

3 hours when delivered online

The minimum classroom contact time of 6 hours can be spread over a maximum of 3 weeks. Each session must be a minimum of two hours

### ASSESSMENT

The qualification is assessed through a written assessment paper and the practical demonstration of the first aid action plan for mental health.

A learner must successfully pass both parts of the assessment to be awarded the qualification.

### CERTIFICATION

By email once assessment is completed successfully

### NUMBERS

A maximum of 12 learners in the classroom

A maximum of 8 learners online



YOUTH FIRST AID FOR MENTAL HEALTH	
LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
1. Know what mental health is, why young 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 young person's mental health 1.4 Understand the role of a first aider for mental health
2. Know how to recognise and manage stress	2.1 Identify signs of stress 2.2 State how stress can be managed
3. Know how to recognise a range of mental health conditions	3.1 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> <li>• Post-traumatic stress disorder</li> <li>• Bullying</li> <li>• Drugs and alcohol</li> </ul>
4. Understand the first aid action plan for mental health and be able to put it in place	4.1 Demonstrate the application of the first aid action plan for mental health 4.2 Know when to contact the emergency services in respect of first aid for mental health 4.3 Understand legal consent and safeguarding responsibilities when working with children

