

Level 1 Award Awareness of First Aid for Mental Health (4 Hours/ ½ Day)

RQF Level 1 Award

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 Code R/617/2918

This half-day 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.

DURATION

A minimum of 4 hours spread over at least one day. Ideally, the course should be run in one day, but must be completed within 2 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?**
- **Identifying mental health conditions**
- **Providing advice and starting a conversation**
- **Stress**
- **Mental health conditions**

NUMBERS

A maximum of 16 students are allowed on the course and must be a minimum of 14 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 1 Award in Awareness for First Aid for Mental Health will be issued to the learner, subject to successful assessment. There is no expiry of the qualification, but annual refresher training is recommended.

LEARNING OUTCOMES

Learning Outcomes	Assessment Criteria
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 • Self-harm