

Level 2 Award First Aid for Mental Health (6 Hours/ 1 Day)

RQF Level 2 Award

Qualification Title: FAA Level 2 Award in First Aid for Mental Health (RQF) – Code 603/3769/2

Unit Title: First Aid for Mental Health – Unit Code Y/617/2919

This one-day course covers the content of the Level 1 course but also expands on the effects of drugs and alcohol, incorporates the First Aid for Mental Health Action Plan and covers ways in which a positive mental health culture can be supported within a workplace.

DURATION

A minimum of 6 hours spread over at least one day. Ideally, the course should be run in one day, but must be completed within 3 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**
- **Drugs and alcohol**
- **First Aid for Mental Health action plan**
- **First Aid for Mental Health in the workplace**

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 2 Award in 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
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
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