

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

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### **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

### **SCQF Level 5 Award (Scotland)**

**Qualification Title:** Award in First Aid for Mental Health at SCQF Level 5 – Code R600 04

**Unit Title:** First Aid for Mental Health - Unit Code UM87 04

### **DESCRIPTION**

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. Research has shown that work is the biggest cause of stress which can stop people performing at their best.

Mental health conditions are often hidden due to stigma and fear of discrimination and research has shown that a culture of fear and silence around mental health is costly to employers.

This 6-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 and understand the impact of substance abuse. They will learn about the first aid action plan for mental health, be able to put it in place and know how to implement a positive mental health culture in the workplace.

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.

### **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 & ENTRY REQUIREMENTS**

A maximum of 16 students are allowed on the course and must be a minimum of 14 years of age. It is recommended that learners should hold a minimum of Level 1 in literacy or equivalent to undertake this qualification. It may be possible to allocate a reasonable adjustment to a learner who has a disability, medical condition or learning need; learners are invited to speak to a member of the Tineke Training Ltd team prior to the course. They can also approach the Instructor on the day of the course to disclose anything they feel needs to be made aware of. All disclosures of information is treated discreetly, respectfully and confidentially.

## ASSESSMENT

The qualification is assessed through a written assessment paper and the practical demonstration of the first aid action plan for mental health. Learners must successfully pass both parts of the assessment to be awarded the qualification. There is no grading of the assessment; learners pass or are referred.

## CERTIFICATION

A Level 2 Award in First Aid for Mental Health will be issued to the learner, subject to successful completion of the course. The qualification is valid for three years from the date of achievement. It is strongly recommended that the learner attends annual refresher training. The learner will need to complete the full course again to requalify for a further three years.

## LEARNING OUTCOMES

Learning Outcomes	Assessment Criteria
<b>1. Know what mental health is, why people develop mental health conditions and the role of a First Aider for mental health</b>	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
<b>2. Know how to provide advice and practical support for a person presenting a mental health condition</b>	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
<b>3. Know how to recognise and manage stress</b>	3.1 Identify signs of stress 3.2 State how stress can be managed
<b>4. Know how to recognise a range of mental health conditions</b>	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>
<b>5. Understand the impact of substance abuse on mental health</b>	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
<b>6. Understand the first aid action plan for mental health and be able to put it in place</b>	6.1 Demonstrate the application of the first aid action plan for mental health
<b>7. Know how to implement a positive mental health culture in the workplace</b>	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

\* Our Awarding Body is First Aid Awards (FAA) Ltd.