

Awareness of First Aid for Mental Health

This course is suitable for everyone within a workplace as it provides learners with the knowledge to identify suspected mental health conditions as well as the skills to start a conversation and be able to signpost a person towards professional help.



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

SCQF Level 4 Award

Qualification title:	Award in Awareness of First Aid for Mental Health at SCQF Level 4	Code:	R599 04
Unit title:	Awareness of First Aid for Mental Health	Unit code:	UM86 04

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. This 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.