

AWARENESS OF FIRST AID FOR MENTAL HEALTH

Level 1/4



This course will provide you with the knowledge to identify suspected mental health conditions and the skills to start a conversation surrounding mental health.

- Study via distance learning
- Combination of self-study and webinars
- Guided by qualified Trainer/Assessor
- Distance learning resources included
- Assessed via a professional discussion
- Ofqual or SQA Accreditation regulated qualification (Subject To Assessment)



COURSE 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



ENTRY REQUIREMENTS

- This qualification is available to learners aged 18 years or over.
- Learners must have the literacy skills to be able to read and self-learn the reference manual and additional resources.
- In addition, the learner will need access to a computer with a reasonable internet connection in order to access the distance learning resources and communicate with the Trainer/Assessor.



ASSESSMENT

- The qualification is assessed by a professional discussion with the Trainer/Assessor and evidenced by a recorded video call.
- The learner has a maximum of 60 minutes to complete the assessment.
- There is no grading of the assessment; learners pass or are referred.



CERTIFICATION

- An 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.
- The learner will need to complete the full course again to requalify for a further three years.

COURSE DURATION



assigned guided learning hours (GLH*)

**Number of contact hours learner will have with Trainer/Assessor*



hours total qualification time (TQT*)

**Includes GLH but considers unsupervised learning. Estimate of how long the average learner will take to achieve the qualification.*

It is beneficial for the learner to undertake additional independent learning for example, by doing research on the Internet.

THE QUALIFICATION CONSISTS OF ONE MANDATORY UNIT

FAA LEVEL 1 AWARD IN AWARENESS OF FIRST AID FOR MENTAL HEALTH (RQF)

QAN	Unit title	URN	Credit value	Level	GLH	TQT
603/3768/0	Awareness of First Aid for Mental Health	R/617/2918	1	1	2	5

AWARD IN AWARENESS OF FIRST AID FOR MENTAL HEALTH AT SCQF LEVEL 4

QAN	Unit title	URN	Credit value	Level	GLH	TQT
R599 04	Awareness of First Aid for Mental Health	UM86 04	1	4	2	5

QAN - Qualification Accreditation Number URN - Unit Reference Number GLH - Guided Learning Hours TQT - Total Qualification Time