

FIRST AID FOR MENTAL HEALTH QUALIFICATIONS

DISTANCE LEARNING OPTIONS



This course will provide you with the knowledge to identify suspected mental health conditions and the skills to start a conversation surrounding mental health. You will also learn about the first aid action plan for mental health and know how to implement a positive mental health culture in the workplace.

- 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)



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.



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.



ASSESSMENT

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



COURSES

**Awareness Of
First Aid For
Mental Health**
Level 1/4

2 Hours Guided Learning

5 Hours Qualification Time

2 Weeks Course Duration

3 Years Qualification Validity

**First Aid
For
Mental Health**
Level 2/5

3 Hours Guided Learning

7 Hours Qualification Time

2 Weeks Course Duration

3 Years Qualification Validity

**Supervising/
Leading First Aid
For Mental Health**
Level 3/6

6 Hours Guided Learning

14 Hours Qualification Time

2 Weeks Course Duration

3 Years Qualification Validity

