

# FIRST AID FOR MENTAL HEALTH TRAINING COURSE

LEVEL 2

## RQF Level 2 Award

|                      |   |            |                   |
|----------------------|---|------------|-------------------|
| Qualification title: | <b>FAA Level 2 Award in First Aid for Mental Health (RQF)</b> | Code:      | <b>603/3769/2</b> |
| Unit title:          | <b>First Aid for Mental Health</b>                            | Unit code: | <b>Y/617/2919</b> |

This 1-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.