

Level 2

Course Fact Sheet

First Aid For Mental Health

Award in First Aid for Mental Health (RQF).

This course covers the content of Level 1 but expands on the effects of drugs and alcohol, incorporate the First Aid for Mental Health Action Plan and covers ways in which a positive mental health culture can be supported within the workplace.

Duration

A minimum of 6 hours tutor contact, over at least one day. The course should be run in one day, but must be completed within three weeks of starting the course, with each session lasting no less than 2 hours.

How is the qualification assessed?

A range of methods are used, including practical and questioning. (Open and multiple choice)

Syllabus

A range of subjects are covered including: -

- **What is First Aid for Mental Health**
- **Identifying mental health conditions**
- **Providing Advice and starting a conversation**
- **Mental Health conditions**
- **First Aid for Mental Health in the Workplace**
- **Stress**
- **Drugs and Alcohol**
- **First Aid for Mental Health action plan**

Numbers

Due to the nature of this course, a maximum of 16 candidates.
Minimum age of 14 years.

Certification

A Level 2 Award in Awareness for First Aid for Mental Health will be issued to the learner, subject to successful assessment. This qualification is valid for 3 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.

What next?

Individuals achieving this qualification can progress onto:

- Level 3 Award in Supervising First Aid for Mental Health (RQF)

Where can this course be taken?

This course can be conducted at your premises or at an external venue
Contact 1st Line Training for further details.

E: enquiries@1stlinetraining.org
T: 01908 368 900
W: www.1stLineTraining.org



Awarding Body FAA
through NUCCO



Course Ref: FAMH2
 1st Line Training