

FAA LEVEL 1 AWARD IN AWARENESS OF FIRST AID FOR MENTAL HEALTH (RQF) AWARD IN AWARENESS OF FIRST AID FOR MENTAL HEALTH AT SCQF LEVEL 4

Unit Title	Awareness of First Aid for Mental Health
RQF unit code	R/617/2918
SCQF unit code	UM86 04
GLH (Guided Learning hours)	4 hours
TQT (Total Qualification Time)	5 hours
Credit Value	1

LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
1. Know what mental health is, why young people develop mental health conditions and the role of a first aider for mental health	1.1 Define mental health 1.2 Indicate understanding of the stigma surrounding mental health 1.3 Identify factors that can affect a young person's mental health 1.4 Understand the role of a First Aider for mental health
2. Know how to provide advice and practical support for a person presenting a mental health condition	2.1 Outline the advice that should be provided to a person suffering from a suspected mental health condition 2.2 Know when to contact the emergency services in respect of first aid for mental health
3. Know how to recognise and manage stress	3.1 Identify signs of stress 3.2 State how stress can be managed
4. Know how to recognise a range of mental health conditions	4.1 Identify signs and/or symptoms for the following mental health conditions: <ul style="list-style-type: none"> • Depression • Anxiety • Psychosis • Eating disorders • Suicide • Self-harm

