

FAA LEVEL 2 AWARD IN FIRST AID FOR MENTAL HEALTH (RQF) AWARD IN FIRST AID FOR MENTAL HEALTH AT SCQF LEVEL 5

Unit Title	First Aid for Mental Health
RQF unit code	Y/617/2919
SCQF unit code	UM87 04
GLH (Guided Learning hours)	6 hours
TQT (Total Qualification Time)	7 hours
Credit Value	1

LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
1. Know what mental health is, why 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 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
5. Understand the impact of substance abuse on mental health	5.1 State potential effects of alcohol and drug abuse on a person's mental health 5.2 Outline potential negative consequences of substance abuse on a person's employment and lifestyle
6. Understand the first aid action plan for mental health and be able to put it in place	6.1 Demonstrate the application of the first aid action plan for mental health
7. Know how to implement a positive mental health culture in the workplace	7.1 State two key factors in providing a positive mental health culture in the workplace 7.2 Know how to implement a positive mental health culture in the workplace

