

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

Unit Title	First Aid for Youth Mental Health
RQF unit code	A/618/4662
SCQF unit code	UP35 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 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 recognise and manage stress	2.1 Identify signs of stress 2.2 State how stress can be managed
3. Know how to recognise a range of mental health conditions	3.1 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 • Post-traumatic stress disorder
4. Understand the first aid action plan for mental health and be able to put it in place	4.1 Demonstrate the application of the first aid action plan for mental health 4.2 Know when to contact the emergency services in respect of first aid for mental health 4.3 Understand legal consent and safeguarding responsibilities when working with children

