

## AWARENESS OF MENTAL HEALTH FIRST AID

(4 hours)

## COURSE SPECIFICS

<b>Age:</b>	14+
<b>Maximum:</b>	16 Candidates
<b>Duration:</b>	4 hours
<b>Cost:</b>	£499.00 + VAT
<b>Location:</b>	Your premises

### Qualification delivery

The qualification has 4 assigned guided learning hours (GLH) and 5 hours total qualification time (TQT). GLH indicates the number of classroom contact hours that the learner will undertake. TQT includes GLH but also takes into account any unsupervised learning and is an estimate of how long the average learner will take to complete the qualification.

The minimum classroom contact time of 4 hours can be spread over a maximum of 2 weeks. Each session must be a minimum of two hours.

The class ratio for the qualification is a maximum of 16 learners to 1 Trainer/Assessor.

<b>LEARNING OUTCOMES</b> The learner will:	<b>ASSESSMENT CRITERIA</b> 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"> <li>• Depression</li> <li>• Anxiety</li> <li>• Psychosis</li> <li>• Eating disorders</li> <li>• Suicide</li> <li>• Self-harm</li> </ul>

**ASSESSMENT INFORMATION**

The qualification is assessed through a written assessment paper which the learner must successfully pass to be awarded the qualification.

There is no grading of the assessment; learners pass or are referred.