

# First Aid for Mental Health

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



## RQF Level 2 Award

Qualification title: **FAA Level 2 Award in First Aid for Mental Health (RQF)**  
Unit title: **First Aid for Mental Health**

Code: **603/3769/2**  
Unit code: **Y/617/2919**

## SCQF Level 5 Award

Qualification title: **Award in First Aid for Mental Health at SCQF Level 5**  
Unit title: **First Aid for Mental Health**

Code: **R600 04**  
Unit code: **UM87 04**

## Duration

A minimum of 6 hours spread over at least one day. Ideally, the course should be run in one day, but must be completed within 3 weeks of starting the course, with each training session a minimum of two hours.

## Syllabus

A range of First Aid for Mental Health related subjects are covered including:

- What is First Aid for Mental Health?
- identifying mental health conditions
- Providing advice and starting a conversation
- Stress
- Mental health conditions
- Drugs and alcohol
- First Aid for Mental Health action plan
- First Aid for Mental Health in the workplace

## Numbers

A maximum of 16 students are allowed on the course and must be a minimum of 14 years of age. A certificate can be offered to all, subject to assessment.

## Assessment

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

## Certification

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