



LEARNING OUTCOMES

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

Unit title	Awareness of First Aid for Mental Health		
RQF unit code	R/617/2918		
GLH (Guided Learning Hours)	4 hours	The Qualification consists of one unit	
TQT (Total Qualification Time)	5 hours	Qualification Number (QAN)	
Credit value	1	RQF	603/3768/0
LEARNING OUTCOMES The learner will:	ASSESSMENT CRITERIA 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 		