LEARNING OUTCOMES

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

Unit title	First Aid for Mental Health		
RQF unit code	Y/617/2919		
GLH (Guided Learning Hours)	6 hours	**The Qualification consists of one unit**	
TQT (Total Qualification Time)	7 hours	**Qualification Number (QAN)**	
Credit value	1	RQF	603/3769/2

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: • 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
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 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

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