



LEARNING OUTCOMES

FAA LEVEL 3 AWARD IN SUPERVISING FIRST AID FOR MENTAL HEALTH (RQF)

Unit title	Supervising First Aid for Mental Health		
RQF unit code	L/617/2920		
GLH (Guided Learning Hours)	12 hours	The Qualification consists of one unit	
TQT (Total Qualification Time)	14 hours	Qualification Number (QAN)	
Credit value	1	RQF	603/3770/9

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 suspected 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. Understand the impact of substance abuse on mental health	4.1 State potential effects of alcohol and drug abuse on a person's mental health																				
5. Understand the first aid action plan for mental health and be able to put it in place	5.1 Demonstrate the application of the first aid action plan for mental health																				
6. Know how to implement a positive mental health culture in the workplace	6.1 State key factors in providing a positive mental health culture in the workplace 6.2 Describe how to implement a positive mental health culture in the workplace																				
7. Understand a range of mental health disorders and the support/therapy provided by professional healthcare providers	7.1 Describe the characteristics, including signs and/or symptoms, of each of the following mental health conditions: <table border="0" style="width: 100%;"> <tr> <td>• Depression</td> <td>• Anxiety</td> </tr> <tr> <td>• PTSD</td> <td>• Self-harm</td> </tr> <tr> <td>• Suicide</td> <td>• Eating disorders</td> </tr> <tr> <td>• Personality disorders</td> <td>• Bipolar</td> </tr> <tr> <td>• Psychosis</td> <td>• Schizophrenia</td> </tr> </table> 7.2 Describe the support & therapy provided by professional healthcare providers for the following mental health conditions: <table border="0" style="width: 100%;"> <tr> <td>• Depression</td> <td>• Anxiety</td> </tr> <tr> <td>• PTSD</td> <td>• Self-harm</td> </tr> <tr> <td>• Suicide</td> <td>• Eating disorders</td> </tr> <tr> <td>• Personality disorders</td> <td>• Bipolar</td> </tr> <tr> <td>• Psychosis</td> <td>• Schizophrenia</td> </tr> </table>	• Depression	• Anxiety	• PTSD	• Self-harm	• Suicide	• Eating disorders	• Personality disorders	• Bipolar	• Psychosis	• Schizophrenia	• Depression	• Anxiety	• PTSD	• Self-harm	• Suicide	• Eating disorders	• Personality disorders	• Bipolar	• Psychosis	• Schizophrenia
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