

## Course Fact Sheet

# First Aid For Mental Health Awareness

### Award in Awareness of First Aid for Mental Health (RQF).

This course is aimed at providing learners with the knowledge to identify suspected mental health conditions and the skills to start a conversation and be able to signpost the person towards professional help.

#### Duration

A minimum of 4 hours tutor contact, consisting of practical and theoretical activities.

#### How is the qualification assessed?

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

#### Syllabus

A range of subjects are covered including: -

- What is First Aid for Mental Health
- Identifying mental health conditions
- Providing Advice and starting a conversation
- Mental Health conditions
- Stress

#### Numbers

Due to the nature of this course, a maximum of 16 candidates.

Minimum age of 14 years.

#### Certification

A Level 1 Award in Awareness for First Aid for Mental Health will be issued to the learner, subject to successful assessment. This qualification is valid for 3 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.

#### What next?

Individuals achieving this qualification can progress onto:

- Level 2 Award in First Aid for Mental Health (RQF)
- Level 3 Award in Supervising First Aid for Mental Health (RQF)

#### Where can this course be taken?

This course can be conducted at your premises or at an external venue

Contact 1<sup>st</sup> Line Training for further details.

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Course Ref: FAMH1  
 1st Line Training