

INTRODUCTION TO FIRST AID FOR MENTAL HEALTH

Who is this qualification for?

The role of a first aider for mental health is to provide basic mental health support or to be the first response to someone in need, usually in the workplace. The first aider for mental health is not clinically qualified to assess, diagnose or treat mental ill health but they will know the basic tools to listen to individuals who require first response support for their mental health. This qualification can be taken by learners preparing to enter employment or by those who are already in employment.

How long will it take?

The total qualification time (TQT) for this qualification is 15 hours and of this 12 hours are recommended as guided learning hours (GLH).

Topics covered

This is a knowledge-only qualification that provides underpinning knowledge and understanding in relation to the principles of first aid for mental health, recognising mental ill health in self and others, supporting mental wellbeing in the workplace, understanding how to promote a wellness culture in the workplace and the importance of resilience and self-care for first aiders for mental health.

Assessment method

This qualification is assessed by 2 multiple-choice examinations, which will be marked by GNR.



LEVEL 2 AWARD



Available for ages 16+

Benefits

- Achieve a nationally recognised Level 2 qualification
- Evidence your competency to employers
- Further your personal and professional development
- Learn at a time that suits you without the need to attend college
- Increase your understanding of mental health and how to support people in the workplace

What you will learn

- Exploring mental health
- Understand how to support individuals with mental ill health
- Understand a mentally healthy environment

Qualification overview and objective

The objective of this qualification is to support a role in the workplace and/or to give learners personal growth and engagement in learning, specifically in relation to understanding the principles of first aid for mental health.

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This is a knowledge-only qualification that provides underpinning knowledge and understanding of the principles of first aid for mental health. This includes recognising mental ill health in self and others, supporting mental wellbeing in the workplace, understanding how to promote a wellness culture in the workplace and the importance of resilience and self-care for first aiders for mental health.



LEVEL 2 AWARD



Available for ages 14+