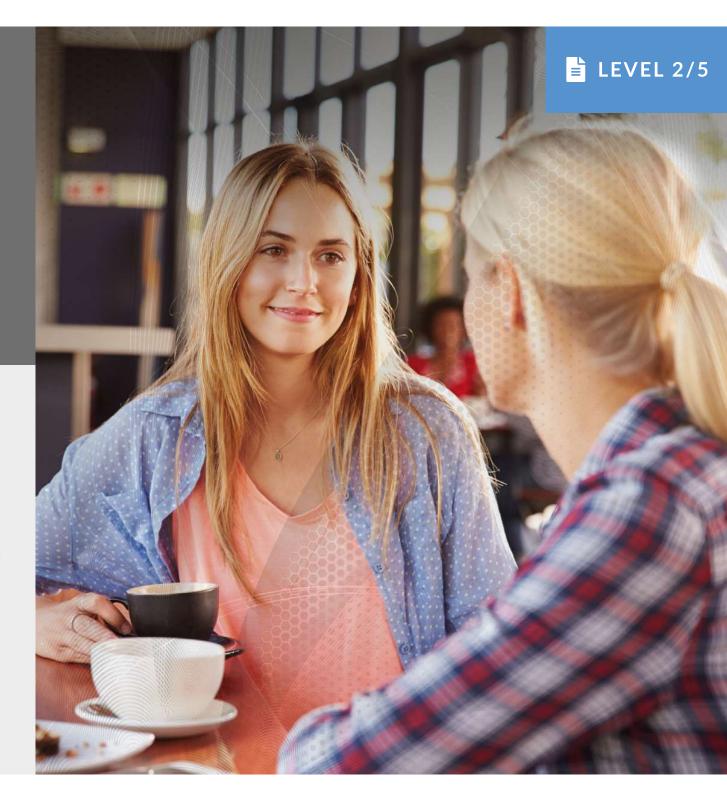
First Aid for Mental Health

This course will provide you with the knowledge to identify suspected mental health conditions and the skills to start a conversation surrounding mental health.

You will also learn about the first aid action plan for mental health and know how to implement a positive mental health culture in the workplace.

- Study the course via distance learning
- A combination of self-study and webinars
- Guided by a qualified Trainer/Assessor
- Distance learning resources included
- Assessed via a professional discussion
- Ofqual or SQA Accreditation regulated qualification (SUBJECT TO ASSESSMENT)



COURSE DURATION

The qualification has 3 assigned guided learning hours (GLH) and 7 hours total qualification time (TQT). GLH indicates the number of contact hours that the learner will have with the Trainer/Assessor.

TQT includes GLH but considers unsupervised learning and is an estimate of how long the average learner will take to achieve the qualification.

It is beneficial for the learner to undertake additional independent learning for example, by doing research on the internet.



CERTIFICATION

An Award in First Aid for Mental Health will be issued to the learner, subject to successful assessment.

This qualification is valid for three years from the date of achievement. The learner will need to complete the full course again to requalify for a further three years.



QAN

QAN

R600 04

603/3769/2

ENTRY REQUIREMENTS

QAN - Qualification Accreditation Number

This qualification is available to learners aged 14 years or over. Learners must have the literacy skills to be able to read and self-learn the reference manual and additional resources.

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

AWARD IN FIRST AID FOR MENTAL HEALTH AT SCQF LEVEL 5

Unit title

First Aid for Mental Health

First Aid for Mental Health

Unit title

In addition, the learner will need access to a computer with a reasonable internet connection in order to access the distance learning resources and communicate with the Trainer/Assessor.



ASSESSMENT

GLH - Guided Learning Hours

URN

URN

UM8704

Y/617/2919

Credit value

Credit value

TQT - Total Qualification Time

Leve

Leve

GLH TQT

GLH

TOT

The qualification is assessed by a professional discussion.

The learner has a maximum of 60 minutes to complete the assessment. There is no grading of the assessment; learners pass or are referred.



COURSE SYLLABUS

A range of First Aid for Mental Health related subjects are covered including:

- What is First Aid for Mental Health?
- Identifying mental health conditions
- Providing advice and starting a conversation
- Stress
- Mental health conditions
- Drugs and alcohol
- First Aid for Mental Health action plan
- First Aid for Mental Health in the workplace



HOW TO PROCEED

Training provider and course details:

Equi-Scotia CIC, Registered Office 36-40 Cowane Street, Stiring FK8 1JR

THE QUALIFICATION CONSISTS OF ONE MANDATORY UNIT

URN - Unit Reference Number

Course fee £120 including training resources and SQA/Ofsted accredited certificate

Bookings can be made online https://www.equi-scotia.com/our-events/

For more information contact julie-anne@equi-scotia.com

