



LEARNING OUTCOMES

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		
RQF unit code	Y/617/2919		
SCQF unit code	UM87 04	The Qualification consists of one unit	
GLH (Guided Learning Hours)	6 hours	Qualification Number (QAN)	
TQT (Total Qualification Time)	7 hours	RQF	603/3769/2
Credit value	1	SCQF	R600 04

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: <ul style="list-style-type: none"> • 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 5.2 Outline potential negative consequences of substance abuse on a person's employment and lifestyle
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