



## **FAA Level 1 Award in Awareness of First Aid for Mental Health (RQF)**

### **Who should attend?**

Each year approximately 1 in 4 people in the UK will experience a mental health condition and at least 1 in 6 employees experience common mental health problems in the workplace. Research has shown that work is the biggest cause of stress which can stop people performing at their best.

Mental health conditions are often hidden due to stigma and fear of discrimination and research has shown that a culture of fear and silence around mental health is costly to employers.

This 4-hour qualification provides delegates with the knowledge to recognise a range of mental health conditions, how to start a supportive conversation and when and how to signpost a person to seek appropriate professional help. Delegates will know how to recognise and manage stress.

Delegates will not diagnose or treat mental health conditions as this can only be carried out by healthcare professionals but will gain the knowledge to identify when a person may have a condition and know where they can go to get help.

### **Course Aims & Objectives**

This ½-Day course is aimed at providing delegates 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.

By the end of the course delegates will:

- Know what mental health is, why people develop mental health conditions and the role of a First Aider for mental health
- Know how to provide advice and practical support for a person presenting a mental health condition
- Know how to recognise and manage stress
- Know how to recognise a range of mental health conditions

### **Course Outline**

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

### **Certification**

A Level 1 Award in Awareness for First Aid for Mental Health will be issued, subject to successful assessment. A range of assessment methods are used, including practical and questioning (open and multiple-choice). This qualification is valid for three years from the date of achievement. The delegate will then need to complete the full course again to requalify for a further three years.

**Duration**

4 hours

**Location**

We can offer courses on company premises for a maximum of 16 delegates or upcoming open courses in your local area.