

# First Aid for Mental Health Training Course

Live online learning offered during COVID-19

Level  
2



This short course provides learners with the knowledge to identify suspected mental health conditions and start a positive conversation about mental health concerns.

Learners will be introduced to the First Aid for Mental Health Action Plan, look at ways to implement a positive mental health culture within the workplace, and delve into the effects of drugs and alcohol on mental wellbeing.

The interactive online workshop is delivered by qualified tutors, each with a background of working within the mental health industry. All learning resources are included.

## Duration

This course will be delivered over 10 hours (two sessions of 5 hours each) in a virtual classroom environment.

A small amount of self-study is required and candidates will also be required to spend some time preparing for their assessment prior to the completion of the course.

First Aid for Mental Health is delivered at Levels 1, 2 and 3, across three separate learning sessions. Learners completing Level 1 only need to attend the first session. Learners completing Level 2 need to attend the first two sessions. Finally, learners completing Level 3 need to attend all three sessions.

## Number of Delegates

A maximum of 20 delegates per tutor are allowed on the course. Learners must be a minimum of 18 years of age due to the requirement to video record the final assessment in line with First Aid Awards (FAA) regulations.

## Certification

A Level 2 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. It is strongly recommended that the learner attends annual refresher training. The learner will need to complete the full course again to re-qualify for a further three years.

## Cost

**£130** + VAT per learner.

A closed cohort course price can be discussed.

For more information contact us at:

[commercial-courses@connect2care.net](mailto:commercial-courses@connect2care.net) | [connect2care.net](http://connect2care.net)

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## Structure

### Assessment

The assessment for this course will be completed remotely. The Professional Discussion assessment will be carried out remotely by video between the learner and course tutor. The time allowed for this assessment is one hour. Learners will be given an agenda and time to prepare for the discussion, where they will be supported to discuss what they have learned on the course. Learners will also be required to simulate with their trainer carrying out the First Aid for Mental Health Action Plan, which they will be trained to do during the course. The assessment will be recorded to meet FAA requirements.

### Syllabus

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

- ▶ What is First Aid for Mental Health?
- ▶ Identifying mental health conditions
- ▶ Providing advice and starting a conversation
- ▶ Stress awareness
- ▶ Understanding mental health conditions
- ▶ Drugs and alcohol effects
- ▶ First Aid for Mental Health Action Plan
- ▶ First Aid for Mental Health in the workplace

#### RQF Level 2 Award

Qualification title:	<b>FAA Level 2 Award in First Aid for Mental Health (RQF)</b>	Code:	<b>603/3769/2</b>
Unit title:	<b>First Aid for Mental Health</b>	Unit code:	<b>Y/617/2919</b>

#### SCQF Level 5 Award

Qualification title:	<b>Award in First Aid for Mental Health at SCQF Level 5</b>	Code:	<b>R600 04</b>
Unit title:	<b>First Aid for Mental Health</b>	Unit code:	<b>UM87 04</b>