

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

COURSE OVERVIEW:

This course is suitable for everyone within a workplace as it provides learners with the knowledge to identify suspected mental health conditions as well as the skills to start a conversation and be able to signpost a person towards professional help.

COURSE TOPICS:

- What is First Aid for Mental Health?
- Identifying mental health conditions
- Providing advice and starting a conversation
- Stress
- Mental health conditions

COURSE LENGTH:

A minimum of 4 hours spread over at least one day.

HOW & WHERE IS IT ASSESSED:

The qualification is assessed through a multiple-choice question paper and can be assessed both in-house and on-site.