

FAA Level 2 Award in First Aid for Mental Health (RQF)

COURSE OVERVIEW:

This course is suitable for everyone but has been designed to help employers to provide a positive mental health culture within the workplace and to provide learners with comprehensive knowledge on a range of the most common mental health conditions and the skills to be able to act should a condition be suspected.

COURSE TOPICS:

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

COURSE LENGTH:

A minimum of 6 hours spread over at least one day.

HOW & WHERE IS IT ASSESSED:

The qualification is assessed through both a practical demonstration of the First Aid for Mental Health Action Plan and a multiple-choice question paper and, can be assessed both in-house and on-site.