

# DISTANCE LEARNING

## First Aid for Mental Health

This course will provide you with the knowledge to identify suspected mental health conditions and the skills to start a conversation surrounding mental health.

You will also learn about the first aid action plan for mental health and know how to implement a positive mental health culture in the workplace.

- **Study the course via distance learning**
- **A combination of self-study and webinars**
- **Guided by a qualified Trainer/Assessor**
- **Distance learning resources included**
- **Assessed via a professional discussion**
- **Ofqual or SQA Accreditation regulated qualification** (SUBJECT TO ASSESSMENT)



## COURSE DURATION

The qualification has 3 assigned guided learning hours (GLH) and 7 hours total qualification time (TQT). GLH indicates the number of contact hours that the learner will have with the Trainer/Assessor.

TQT includes GLH but considers unsupervised learning and is an estimate of how long the average learner will take to achieve the qualification.

It is beneficial for the learner to undertake additional independent learning for example, by doing research on the internet.

## THE QUALIFICATION CONSISTS OF ONE MANDATORY UNIT

FAALEVEL 2 AWARD IN FIRST AID FOR MENTAL HEALTH (RQF)						
QAN	Unit title	URN	Credit value	Level	GLH	TQT
603/3769/2	First Aid for Mental Health	Y/617/2919	1	2	3	7

  

AWARD IN FIRST AID FOR MENTAL HEALTH AT SCQF LEVEL 5						
QAN	Unit title	URN	Credit value	Level	GLH	TQT
R600 04	First Aid for Mental Health	UM87 04	1	5	3	7

QAN – Qualification Accreditation Number      URN – Unit Reference Number      GLH – Guided Learning Hours      TQT – Total Qualification Time

## CERTIFICATION

An 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. The learner will need to complete the full course again to requalify for a further three years.



## ENTRY REQUIREMENTS

This qualification is available to learners aged 18 years or over. Learners must have the literacy skills to be able to read and self-learn the reference manual and additional resources.

In addition, the learner will need access to a computer with a reasonable internet connection in order to access the distance learning resources and communicate with the Trainer/Assessor.

## ASSESSMENT

The qualification is assessed by a professional discussion with the Trainer/Assessor and evidenced by a recorded video call.

The learner has a maximum of 60 minutes to complete the assessment. There is no grading of the assessment; learners pass or are referred.

## COURSE SYLLABUS

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
- Drugs and alcohol
- First Aid for Mental Health action plan
- First Aid for Mental Health in the workplace

## HOW TO PROCEED

Training provider and course details:



**Me the Leader**  
Inspiring you to be the best you can be

**Call Nick on 07736 727209**  
**Visit [www.metheleader.co.uk](http://www.metheleader.co.uk)**