

LEVEL 2/5 : 1-DAY TRAINING COURSE

# First Aid for Youth Mental Health

This qualification is suitable for anyone who actively connects with children such as parents, carers, teachers, youth group leaders and young adults.



## RQF Level 2 Award

Qualification title:	<b>FAA Level 2 Award in First Aid for Youth Mental Health (RQF)</b>	Code:	<b>603/7176/6</b>
Unit title:	<b>First Aid for Youth Mental Health</b>	Unit code:	<b>D/618/0147</b>

## SCQF Level 5 Award

Qualification title:	<b>Award in First Aid for Youth Mental Health at SCQF Level 5</b>	Code:	<b>R680 04</b>
Unit title:	<b>First Aid for Youth Mental Health</b>	Unit code:	<b>UP35 04</b>

The qualification has been designed with children and young people in mind covering areas such as depression, self-harm, eating disorders and bullying, and will provide the knowledge and skills to identify a potential mental health condition, start a conversation and provide support and guidance to professional help.

## Duration

The minimum classroom contact time of 6-hours can be spread over a maximum of 3-weeks, ensuring that each session is a minimum of 2-hours.

## Syllabus

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

- What is first aid for youth mental health?
- Identifying mental health conditions
- Stress
- Mental health conditions
- Drugs and alcohol
- First aid action plan for mental health

## Numbers

A maximum of 16 students are allowed on the course and must be a minimum of 14 years of age.

## Assessment

The qualification is assessed through a written assessment paper and the practical demonstration of the first aid action plan for mental health. Learners must successfully pass both parts of the assessment to be awarded the qualification.

## Certification

A Level 2 Award in First Aid for Youth Mental Health will be issued to the learner, subject to successful assessment. The 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.

## QUALIFICATION SPECIFICATION

**FAA LEVEL 2 AWARD IN FIRST AID FOR YOUTH MENTAL HEALTH (RQF)  
AWARD IN FIRST AID FOR YOUTH MENTAL HEALTH AT SCQF LEVEL 5**



The FAA Award in First Aid for Youth Mental Health qualification is suitable for anyone who actively connects with children such as parents, carers, teachers, youth group leaders and young adults.

The qualification has been designed with children and young people in mind covering areas such as depression, self-harm, eating disorders and bullying and will provide the knowledge and skills to identify a potential mental health condition, start a conversation, and provide support and guidance to professional help.



# QUALIFICATION SPECIFICATION

## Qualification structure

This qualification is regulated in the UK and awarded by First Aid Awards. FAA are an Awarding Organisation regulated by Ofqual and SQA Accreditation. The qualification sits on the Regulated Qualifications Framework (RQF) and the Scottish Credit and Qualifications Framework (SCQF).

The qualification consists of one mandatory unit.

FAA LEVEL 2 AWARD IN FIRST AID FOR YOUTH MENTAL HEALTH (RQF)						
QAN	Unit title	URN	Credit value	Level	GLH	TQT
603/7176/6	First Aid for Youth Mental Health	A/618/4662	1	2	6	7

  

AWARD IN FIRST AID FOR YOUTH MENTAL HEALTH AT SCQF LEVEL 5						
QAN	Unit title	URN	Credit value	Level	GLH	TQT
R680 04	First Aid for Youth Mental Health	UP35 04	1	5	6	7

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

## Entry requirements

The qualification is available to learners aged 14 or over.

It is recommended that learners should hold a minimum of level 1 in literacy or equivalent to undertake this qualification.

It may be possible to allocate a reasonable adjustment to a learner who has a disability, medical condition or learning need; learners should contact their training provider to discuss. Any reasonable adjustment granted must be in line with the [FAA Reasonable Adjustments Policy](#).

## Qualification delivery

The qualification has 6 assigned guided learning hours (GLH) and 7 hours total qualification time (TQT). GLH indicates the number of classroom contact hours, including assessment, that the learner will undertake. TQT includes GLH but also takes into consideration any unsupervised preparation or learning and is an estimate of how long the average learner may take to complete the qualification.

The minimum classroom contact time of 6 hours can be spread over a maximum of 3 weeks. Each session must be a minimum of two hours.

The class ratio for the qualification is a maximum of 16 learners to 1 trainer/assessor.

## Certification

The 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 requalify for a further three years.

## Progression

Learners who achieve this qualification could consider the FAA Award in First Aid for Mental Health or the FAA Award in Supervising/Leading First Aid for Mental Health. FAA also offer qualifications in health & safety including manual handling and fire safety, food safety, safeguarding, and first aid and related subjects if a learner wanted to diversify.

# QUALIFICATION SPECIFICATION

## Learning outcomes and assessment criteria

A regulated qualification has set learning outcomes and assessment criteria. The learning outcomes describe the skills and knowledge a learner will gain by successfully completing the qualification. The assessment criteria state the skills, knowledge and competence a learner will be required to demonstrate during the course assessment.

FIRST AID FOR YOUTH MENTAL HEALTH	
LEARNING OUTCOMES The learner will:	ASSESSMENT CRITERIA The learner can:
<b>1.</b> Know what mental health is, why young people develop mental health conditions and the role of a first aider for mental health	<b>1.1</b> Define mental health <b>1.2</b> Indicate understanding of the stigma surrounding mental health <b>1.3</b> Identify factors that can affect a young person's mental health <b>1.4</b> Understand the role of a first aider for mental health
<b>2.</b> Know how to recognise and manage stress	<b>2.1</b> Identify signs of stress <b>2.2</b> State how stress can be managed
<b>3.</b> Know how to recognise a range of mental health conditions	<b>3.1</b> Identify signs and/or symptoms for the following mental health conditions: <ul style="list-style-type: none"><li>• Depression</li><li>• Anxiety</li><li>• Psychosis</li><li>• Eating disorders</li><li>• Suicide</li><li>• Self-harm</li><li>• Post-traumatic stress disorder</li></ul>
<b>4.</b> Understand the first aid action plan for mental health and be able to put it in place	<b>4.1</b> Demonstrate the application of the first aid action plan for mental health <b>4.2</b> Know when to contact the emergency services in respect of first aid for mental health <b>4.3</b> Understand legal consent and safeguarding responsibilities when working with children

## ASSESSMENT INFORMATION

The qualification is assessed through a written assessment paper and the practical demonstration of the first aid action plan for mental health. A learner must successfully pass both parts of the assessment to be awarded the qualification.

There is no grading of the assessment; learners pass or are referred.