

DISTANCE LEARNING

First Aid for Youth Mental Health

 LEVEL 2/5

The 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 will provide the knowledge and skills to identify a potential mental health condition, start a conversation, and provide support and guidance to professional help.

- **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.

CERTIFICATION

An Award in First Aid for Youth 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.



COURSE 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
- First Aid for Mental Health action plan

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	3	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	3	7

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

ENTRY REQUIREMENTS

This qualification is available to learners aged 14 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.

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

HOW TO PROCEED

Training provider and course details:

DISTANCE LEARNING 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.



DISTANCE LEARNING QUALIFICATION SPECIFICATION

Qualification structure

This qualification is regulated in the UK and awarded by First Aid Awards (FAA).

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	3	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	3	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 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 adjustments granted must be in line with the [FAA Reasonable Adjustments Policy](#).

However, due to this being a distance learning qualification and the level of unsupervised learning required, a learner must have the literacy skills to be able to read and self-learn the reference manual and additional resources.

Qualification duration

The qualification has 3 assigned guided learning hours (GLH) and 7 hours total qualification time (TQT). GLH indicates the number of contact hours, including assessment, that the learner will have with the trainer/assessor. TQT includes GLH but takes into consideration unsupervised preparation and learning and is an estimate of how long the average learner may take to complete the qualification.

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

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

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

ASSESSMENT INFORMATION

The qualification is assessed through video conferencing software by professional discussion with the trainer/assessor and practical demonstration of the application of the first aid action plan for mental health. Learners 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.