



**LEVEL 3/6:  
2-DAY  
TRAINING  
COURSE**

# **SUPERVISING FIRST AID FOR MENTAL HEALTH**

This 2-Day course goes into detail on a wide range of mental health conditions and the support and help provided by healthcare professionals. It covers the content of both the Level 1 and Level 2 qualifications but is aimed at Trainer/Assessors and/or supervisor level within the workplace.



## **RQF Level 3 Award**

**Qualification title:** FAA Level 3 Award in Supervising First Aid for Mental Health (RQF)  
Code: 603/3770/9

**Unit title:** Supervising First Aid for Mental Health Unit code: L/617/2920

## **SCQF Level 6 Award**

**Qualification title:** Award in Leading First Aid for Mental Health at SCQF Level 6 Code: R601 04

**Unit title:** Leading First Aid for Mental Health Unit code: UM88 04

## **Duration**

The qualification has 6 assigned guided learning hours (GLH) and 14 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.

## **Syllabus**

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

- What is First Aid for Mental Health? • Post-traumatic stress disorder
- Identifying mental health conditions • Self-harm
- Providing advice and starting a conversation • Suicide
- Stress • Eating disorders
- Mental health conditions • Personality disorders
- Drugs and alcohol • Bipolar disorder
- First Aid for Mental Health action plan • Psychosis
- First Aid for Mental Health in the workplace • Schizophrenia
- Depression • Anxiety

## **Numbers**

A maximum of 16 students are allowed on the course and must be a minimum of 16 years of age. A certificate can be offered to all, subject to assessment.

## **Assessment**

A range of methods are used, including practical and questioning (open and multiple-choice).

## **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.

To book your place or discuss further please contact:  
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