

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



Course Description

This course covers the content of the Level 1 course but also expands on the effects of drugs and alcohol, incorporates the First Aid for Mental Health Action Plan and covers ways in which a positive mental health culture can be supported within a workplace.

Who Should Attend?

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 Information

Full Day Course

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

A Level 2 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.