

## LEVEL 2 : 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>

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.

