First Aid Awards ... Excellence as standard ...
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DISTANCE LEARNING QUALIFICATION SPECIFICATION

FAA LEVEL 3 AWARD IN SUPERVISING FIRST AID FOR MENTAL HEALTH (RQF) AWARD IN LEADING FIRST AID FOR MENTAL HEALTH AT SCQF LEVEL 6

Each year approximately 1 in 4 people in the UK will experience a mental health condition and at least 1 in 6 employees experience common mental health problems in the workplace. Research has shown that work is the biggest cause of stress which can stop people performing at their best.

Mental health conditions are often hidden due to stigma and fear of discrimination and research has shown that a culture of fear and silence around mental health is costly to employers. The Health and Safety Executive (HSE) guidance 'First aid needs assessment' refers to mental health in the workplace.

This qualification provides learners with the knowledge to recognise a wide range of mental health conditions and learn about the support/therapy provided by professional healthcare providers. They will know how to start a supportive conversation and when and how to signpost a person to seek appropriate professional help. Learners will recognise and manage stress and understand the impact of substance abuse.

Learners will learn about the first aid action plan for mental health, be able to put it in place and understand how to implement a positive mental health culture in the workplace.

Learners will not diagnose or treat mental health conditions as this can only be carried out by healthcare professionals but will gain the knowledge to identify when a person may have a condition and know where they can go to get help.

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 3 AWARD IN SUPERVISING FIRST AID FOR MENTAL HEALTH (RQF)						
QAN	**Unit title**	**URN**	Credit value	Level	GLH	TQT
603/3770/9	Supervising First Aid for Mental Health	L/617/2920	1	3	6	14

AWARD IN LEADING FIRST AID FOR MENTAL HEALTH AT SCQF LEVEL 6						
QAN	**Unit title**	**URN**	Credit value	Level	GLH	TQT
R601 04	Leading First Aid for Mental Health	UM88 04	1	6	6	14

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 16 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 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.

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

FAA 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.

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.

SUPERVISING FIRST AID FOR MENTAL HEALTH (RQF)/LEADING FIRST AID FOR MENTAL HEALTH (SCQF)	
LEARNING OUTCOMES **The learner will:**	**ASSESSMENT CRITERIA** **The learner can:**
1. Know what mental health is, why 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 person's mental health **1.4** Understand the role of a First Aider for mental health
2. Know how to provide advice and practical support for a person presenting a suspected mental health condition	**2.1** Outline the advice that should be provided to a person suffering from a suspected mental health condition **2.2** Know when to contact the emergency services in respect of first aid for mental health
3. Know how to recognise and manage stress	**3.1** Identify signs of stress **3.2** State how stress can be managed
4. Understand the impact of substance abuse on mental health	**4.1** State potential effects of alcohol and drug abuse on a person's mental health **4.2** Outline potential negative consequences of substance abuse on a person's employment and lifestyle
5. Understand the first aid action plan for mental health and be able to put it in place	**5.1** Demonstrate the application of the first aid action plan for mental health
6. Know how to implement a positive mental health culture in the workplace	**6.1** State key factors in providing a positive mental health culture in the workplace **6.2** Know how to implement a positive mental health culture in the workplace
7. Understand a range of mental health disorders and the support/therapy provided by professional healthcare providers	**7.1** Describe the characteristics, including signs and/or symptoms, of each of the following mental health conditions: • Depression • Anxiety • PTSD • Self-harm • Suicide • Eating disorders • Personality disorders • Bipolar • Psychosis • Schizophrenia **7.2** Describe the support & therapy provided by professional healthcare providers for the following mental health conditions: • Depression • Anxiety • PTSD • Self-harm • Suicide • Eating disorders • Personality disorders • Bipolar • Psychosis • Schizophrenia

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.