

# DISTANCE LEARNING

## Awareness of First Aid for Mental Health

 LEVEL 1/4

This course will provide you with the knowledge to identify suspected mental health conditions and the skills to start a conversation surrounding mental health.

- **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 2 assigned guided learning hours (GLH) and 5 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.

## THE QUALIFICATION CONSISTS OF ONE MANDATORY UNIT.

### FAA LEVEL 1 AWARD IN AWARENESS OF FIRST AID FOR MENTAL HEALTH (RQF)

QAN	Unit title	URN	Credit value	Level	GLH	TQT
603/3768/0	Awareness of First Aid for Mental Health	R/617/2918	1	1	2	5

### AWARD IN AWARENESS OF FIRST AID FOR MENTAL HEALTH AT SCQF LEVEL 4

QAN	Unit title	URN	Credit value	Level	GLH	TQT
R599 04	Awareness of First Aid for Mental Health	UM86 04	1	4	2	5

QAN – Qualification Accreditation Number

URN – Unit Reference Number

GLH – Guided Learning Hours

TQT – Total Qualification Time

## COURSE SYLLABUS

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

## 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.

The learner has a maximum of 60 minutes to complete the assessment. There is no grading of the assessment; learners pass or are referred.

## CERTIFICATION

An Award in Awareness for 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. The learner will need to complete the full course again to requalify for a further three years.



## HOW TO PROCEED

Training provider and course details:

Mary Aslett

Call: 01379 308690

Email: [Hello@corporategrowth.org](mailto:Hello@corporategrowth.org)

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GROWTH**  
CONSULTANCY   
[www.corporategrowth.org](http://www.corporategrowth.org)