

# DISTANCE LEARNING

## First Aid for Youth Mental Health

 LEVEL 2/5

The qualification is suitable for anyone who actively connects with children such as parents, carers, teachers, youth group leaders and young adults.

The qualification has been designed with children and young people in mind will provide the knowledge and skills to identify a potential mental health condition, start a conversation, and provide support and guidance to professional help.

- **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 3 assigned guided learning hours (GLH) and 7 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 2 AWARD IN FIRST AID FOR YOUTH MENTAL HEALTH (RQF)

QAN	Unit title	URN	Credit value	Level	GLH	TQT
603/7176/6	First Aid for Youth Mental Health	A/618/4662	1	2	3	7

### AWARD IN FIRST AID FOR YOUTH MENTAL HEALTH AT SCQF LEVEL 5

QAN	Unit title	URN	Credit value	Level	GLH	TQT
R680 04	First Aid for Youth Mental Health	UP35 04	1	5	3	7

QAN – Qualification Accreditation Number

URN – Unit Reference Number

GLH – Guided Learning Hours

TQT – Total Qualification Time

## CERTIFICATION

An Award in First Aid for Youth 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.



## 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.

There is no grading of the assessment; learners pass or are referred.

## COURSE 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
- First Aid for Mental Health action plan

## 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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CONSULTANCY 

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