MENTAL HEALTH AWARENESS

WHAT IS MENTAL HEALTH?

Mental health is simply the way we think, feel and behave. It is our psychological, emotional and social wellbeing. Like physical health, sometimes we can have issues and illnesses which require support and treatment.

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.

AIMS

- Know what mental health is, why people develop mental health conditions and the role of a First Aider for mental health.
- Know how to provide advice and practical support for a person presenting a mental health condition.
- Know how to recognise and manage stress.
- Know how to recognise a range of mental health conditions.

ENTRY REQUIREMENTS

This qualification is available to learners aged 14 or over.
It is recommended that learners should hold a minimum of Level 1 in literacy or equivalent to undertake this qualification.
It may be possible to allocate a reasonal adjustment to a learner who has a disability, medical condition or learning need.

CERTIFICATION

This 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

Learners who achieve this qualification could progress on to the FAA Level 2 Award in First Aid for Mental Health.

OUTCOME

This 4 hour qualification provides learners with the knowledge to recognise a range of mental health conditions. how to start a supportive conversation and when and how to signpost a person to seek appropriate professional help.

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

To apply or for more information
email: business.ic@uhi.ac.uk