

FAA Level 1 Award in Awareness of First Aid for Mental Health (RQF)



Course Description

This course is aimed at providing learners with the knowledge to identify suspected mental health conditions and the skills to start a conversation and be able to signpost the person towards professional help.

Who Should Attend?

All members of the public can benefit from this course and it is a good introduction to First Aid for Mental Health.

Course Information

Half Day Course

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

A Level 1 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.