



RQF Level 2 Award:  
Training course

CHARLIE OSCAR  
Training | Corporate wellness | Community

# First Aid for Youth Mental Health



## RQF Level 2 Award in First Aid for Youth Mental Health

SCQF Level 5 Award in First Aid for Youth Mental Health

### Overview

The qualification has been specifically designed for children and young people and for anyone who actively connects with children such as parents, carers, teachers, youth group leaders and young adults.

The qualification for 14-year-olds and over, covers topics such as depression, self-harm, eating disorders and bullying. Raising awareness of mental health and promoting openness and acceptance in schools and colleges.

This learning will stay with them into adult life and serve them well in their work life, and with relationships with family, friends, loved ones and work colleagues. Making a positive change for the better.

### Who would this course suit?

This course 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 for children and young people, covering areas such as depression, self-harm, eating disorders and bullying and will provide the knowledge and skills to identify a potential mental health condition, start a conversation, and provide support and guidance to professional help.

Learners are provided with;

- Comprehensive knowledge on a range of the most common mental health conditions in order that they can identify suspected Mental Health conditions
- The skills to be able to act should a condition be suspected.
- Start a conversation and be able to signpost a person towards professional help and support that person whilst they are receiving professional assistance.
- Provide their peers with a First Aid for Mental Health Action Plan.

### 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 action plan for mental health

### Learning outcomes

- Know what mental health is, why young people develop mental health conditions and the role of a First Aider
- Know how to recognise and manage stress
- Know how to recognise a range of mental health conditions
- Understand the first aid action plan for mental health and be able to put it in place

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.



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## RQF Level 2 Award: First Aid for Youth Mental Health

### Duration

A minimum of 6 hours ideally completed in one day. However, this can be spread over a maximum of 3-weeks, ensuring that each session is a minimum of 2 hours.

### Assessment

This qualification is assessed through a written assessment paper and the practical demonstration of the first aid action plan for mental health, to be completed at the end of the course.

A range of methods are used, including;

- Practical demonstration of the First Aid for Mental Health Action Plan
- Written assessment paper
- Oral questioning (verbal and multiple-choice).

The RQF Level 2 Award in First Aid for Mental Health/ SCQF Level 5 Award First Aid in Mental Health will be issued to the learner, subject to successful assessment. No external assessors are required.

### Course materials

Each delegate will receive a First Aid for Mental Health course handbook. This is included in the course costs.

### Certification

Upon successful completion of the qualification assessment, Learners will be awarded the Ofqual regulated Level 2 Award in First Aid for Youth Mental Health (RQF) or equivalent SCQF.

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.

### Delivery

This qualification can be delivered via:

- ✓ Online training
- ✓ Onsite training

### Attendees

A maximum of 16 students can be accommodated and all candidates must be a minimum of 14 years of age to qualify.

### Course cost

This is dependent on the delivery and takes into account number of delegates and location.

### Find out more information and enrol

Visit our website, call or email. We look forward to seeing you.

