

# FAA Level 2 First Aid for Mental Health

## Course Introduction

A Mental Health First Aider in the workplace is the 'go-to person' for anyone who is experiencing some form of mental health condition i.e. stress, anxiety or depression.

The first aider will be there to help guide the person in distress and support where ever necessary and therefore, be able to intervene before it escalates.

This course is for first aiders in a workplace, managers, supervisors and general staff. It can be applied to any working environment i.e. construction, manufacturing, offices, healthcare, volunteers etc.

Whilst the expiry for this course is 3x years, an annual refresher to remain updated on current knowledge and to support your ongoing confidence is recommended. [See here for more details!](#)

## Course Pre-Requisites

See below for helplines & support from Mental Health industry professionals:

MIND - 0330 123 3393

Samaritans - 116 123

Shout - Text 'SHOUT' to 85258

Lighthouse Construction Industry Helpline - 0345 605 1956

## Course Topics

Module 1 Introduction

Module 2 What is first aid for mental health?

Module 3 Identifying mental health conditions

Module 4 Providing advice and starting a conversation

Module 5 Stress

Module 6 Mental health conditions

Module 7 Drugs and Alcohol

Module 8 First Aid Action Plan for Mental Health

Module 9 Mental Health in the Workplace

## **Course Benefits**

On successful completion, you will be awarded the RQF FFA Level 2/ SCQF Level 5 Award in First Aid for Mental Health.

## **Assessment Method**

This qualification is assessed through practical demonstration of the First Aid for Mental Health Action Plan and through a multiple-choice question paper.

## **Qualification Expiry**

3 Years