

# QUALIFICATION SPECIFICATION



FAA LEVEL 1 AWARD IN AWARENESS OF  
FIRST AID FOR MENTAL HEALTH (RQF)

AWARD IN AWARENESS OF FIRST AID FOR  
MENTAL HEALTH AT SCQF LEVEL 4

Each year approximately 1 in 4 people in the UK will experience a mental health condition and at least 1 in 6 employees experience common mental health problems in the workplace such as anxiety and depression. Research has shown that work is the biggest cause of stress which can stop people performing at their best.

Mental health conditions are often hidden due to stigma and fear of discrimination and research found that a culture of fear and silence around mental health is costly to employers. The HSE guidance '[First aid needs assessment](#)' refers to mental health in the workplace.

This qualification provides learners with the knowledge to recognise a range of mental health conditions, start a supportive conversation, and when and how to signpost someone to professional help. Learners will learn how to recognise and manage stress.

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

This qualification is regulated in the UK and awarded by First Aid Awards (FAA).

FAA are an awarding organisation regulated by Ofqual and SQA Accreditation and the qualification sits on the Regulated Qualifications Framework (RQF) and the Scottish Credit and Qualifications Framework (SCQF).

Qualification delivery can be classroom-based or distance learning through video conferencing software.

## QUALIFICATION STRUCTURE

The qualification consists of one unit which learners must successfully complete to achieve the qualification.

### Learning outcomes and assessment criteria

FAA qualifications have set learning outcomes and assessment criteria. The learning outcomes describe the skills and knowledge a learner will gain by successfully completing the qualification. The assessment criteria state the skills, knowledge, and competence a learner will be required to demonstrate during assessment.

Qualification number	RQF 603/3768/0	SCQF R599 04
The qualification consists of one unit		

Unit title	Awareness of First Aid for Mental Health	
RQF unit code	R/617/2918	
SCQF unit code	UM86 04	
Guided Learning Hours (GLH)	Classroom-based - 4 hours	Distance learning - 2 hours
Total Qualification Time (TQT)	5 hours	

LEARNING OUTCOMES The learner will:	ASSESSMENT CRITERIA The learner can:
1. Know what mental health is, why people develop mental health conditions and the role of a first aider for mental health	<b>1.1</b> Define mental health <b>1.2</b> Indicate understanding of the stigma surrounding mental health <b>1.3</b> Identify factors that can affect a person's mental health <b>1.4</b> Understand the role of a first aider for mental health
2. Know how to provide advice and practical support for a person presenting a mental health condition	<b>2.1</b> Outline the advice that should be provided to a person suffering from a suspected mental health condition <b>2.2</b> Know when to contact the emergency services in respect of first aid for mental health
3. Know how to recognise and manage stress	<b>3.1</b> Identify signs of stress <b>3.2</b> State how stress can be managed
4. Know how to recognise a range of mental health conditions	<b>4.1</b> Identify signs and/or symptoms for the following mental health conditions: <ul style="list-style-type: none"> <li>• Depression</li> <li>• Anxiety</li> <li>• Psychosis</li> <li>• Eating disorders</li> <li>• Suicide</li> <li>• Self-harm</li> </ul>



## ENTRY REQUIREMENTS

The qualification is available to learners aged 14 or over.

It is recommended that learners hold a minimum of level 1 in literacy or equivalent to undertake this qualification.

It may be possible to grant a reasonable adjustment for a learner who has a disability, medical condition or learning need following the [FAA Reasonable Adjustment and Special Consideration Policy](#). For example, assistance could be given with reading or writing during a classroom-based assessment.

Due to the level of unsupervised learning, a learner undertaking a distance learning course must have the literacy skills to complete the required self-study.

If a learner has any concerns they should contact their training provider to discuss before attending the course.

## QUALIFICATION DELIVERY

Guided Learning Hours (GLH) indicates the number of contact hours that the learner will undertake being taught or assessed under the immediate guidance or supervision of the trainer/assessor in the classroom, or for distance learning qualifications remotely by video conferencing software.

Total Qualification Time (TQT) includes GLH but also considers unsupervised learning or preparation undertaken by a learner such as self-study or the completion of set tasks and is an estimate of how long an average learner may take to achieve the qualification.

TQT remains the same for a qualification regardless of the method of delivery but the guided learning hours (GLH) will be different due to distance learning self-study.

### Classroom-based delivery

4 guided learning hours and 5 hours total qualification time.

The minimum classroom contact time of 4 hours, which includes assessment, can be delivered in 1 day or completed over a maximum of 2 weeks ensuring each session is a minimum of two hours.

The learner ratio for classroom delivery is a maximum of 16 learners to 1 trainer/assessor.

### Distance learning delivery

Distance learning delivery can be by either self-study and webinars or continuous contact between the learner and trainer/assessor.

It is beneficial for a learner to undertake independent learning, for example by doing research on the internet.

The learner ratio for distance learning delivery is a maximum of 20 learners to 1 trainer/assessor.

- **Self-study and webinars**

2 guided learning hours and 5 hours total qualification time.

The minimum contact time between the learner and trainer/assessor by video conferencing software of 2 hours, which includes assessment, must be completed over a maximum of 2 weeks.

This method of delivery involves a combination of self-study by the learner using FAA resources and trainer/assessor webinars.

- **Continuous contact by video conferencing software**

4 guided learning hours and 5 hours total qualification time.

The qualification can be delivered by video conferencing software in the format of classroom delivery with the learners and the trainer/assessor in continuous contact.

The minimum contact time of 4 hours, which includes assessment, can be delivered in 1 day or completed over a maximum of 2 weeks ensuring each session is a minimum of two hours.



## QUALIFICATION ASSESSMENT

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

### Classroom-based assessment

The qualification is assessed through a written assessment.

### Distance learning assessment

The qualification is assessed by professional discussion with the trainer/assessor through video conferencing software.

## QUALIFICATION VALIDITY

The qualification is valid for three years from the date of achievement.

It is strongly recommended that the learner attends annual refresher training.

### Requalification

To requalify learners will need to complete the full course again.

## PROGRESSION

Learners who achieve this qualification could progress on to other FAA first aid for mental health qualifications. FAA also offer qualifications in first aid and related subjects, health and safety including fire safety and manual handling, food safety and safeguarding if a learner wanted to diversify.

Qualification specifications for all FAA qualifications can be found on the [FAA website](#).

