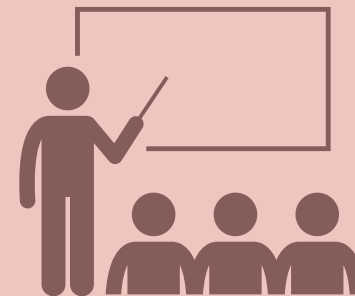




## Safe Start Training

# First Aid for Youth Mental Health

*Suitable for anyone who actively connects with children such as parents, carers, teachers, youth group leaders and young adults.*



## LEVEL 2

The qualification has been designed with children and young people in mind 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

### Course Duration



**A minimum of 6 hours spread over at least one day. Ideally, the course should be run in one day, but must be completed within 3 weeks of starting the course, with each training session a minimum of two hours**

### Entry Requirements



**Age restrictions Learners must be a minimum of 14 years of age upon course commencement.**

## ***Course 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
- Drugs and alcohol
- First aid action plan for mental health

## ***Assessment***

**The qualification is assessed through a written assessment paper and the practical demonstration of the first aid action plan for mental health. Learners must successfully pass both parts of the assessment to be awarded the qualification**



## Certification



**A Level 2 Award in First Aid for Youth Mental Health will be issued to the learner, subject to successful assessment. The qualification is valid for three years from the date of achievement. The learner will need to complete the full course again to requalify for a further three years**

## Pricing



Online distance learning classes accommodate a maximum of 16 delegates. To enable to achieve maximum learning there is a minimum class size of 4 delegates.

£70.00 per delegate for up to 6 delegates

£55.00 per delegate from 7 to 12 delegates

£40.00 per delegate from 12 to 16 delegates

Further reduced rates can be arranged for larger groups over multiple sessions

**PRICES ARE INCLUSIVE OF PERSONALISED LEARNING LEARNING RESOURCES (E-BOOK WITH YOUR LOGO) AND PERSONALISED OFQUAL ACCREDITED CERTIFICATES (WITH YOUR LOGO)**

*in Association with*



FIRST AID AWARDS LTD

*and*

