

## 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

Please find below links to the qualification's PowerPoint slides, videos, websites and relevant page numbers in the First Aid for Mental Health book that your trainer/assessor has sent to you.

The resources contained within this sheet are not exhaustive and you are encouraged to expand on this using the wealth of information that can be found on the internet and YouTube.

Please note that the copyright of the resources found on the video links and website links are the property of the respective YouTube channels and websites.

### Module 1 – What is First Aid for Mental Health

Resources	Reference and links
First Aid for Mental Health manual	Pages 2-7
PowerPoint slides	<a href="#">Please click here</a>
Video links	<a href="#">What is mental health – Mental Health at Work</a> <a href="#">Reducing stigma - have that talk</a>
Website	<a href="#">Mind – Mental health problems</a>

### Module 2 – Identifying mental health conditions

Resources	Reference and links
First Aid for Mental Health manual	Pages 8-9 (Awareness version of book – Page 7)
PowerPoint slides	<a href="#">Please click here</a>
Video links	<a href="#">Mental health Continuum – 360 wellbeing</a> <a href="#">How to spot the signs of mental illness – Wessex Water</a>
Website	<a href="#">Mind – Types of mental health problems</a>

### Module 3 – Providing advice and starting a conversation

Resources	Reference and links
First Aid for Mental Health manual	Pages 10-13 (Awareness version of book – Pages 8-11)
PowerPoint slides	<a href="#">Please click here</a>
Video links	<a href="#">We all have mental health – Anna Freud NCCF</a> <a href="#">Starting the conversation - MACE</a> <a href="#">5 tips on starting a conversation about mental health – Time to Change</a>
Website	<a href="#">Mind – How can I help someone else seek help</a>

### Module 4 – Stress

Resources	Reference and links
First Aid for Mental Health manual	Pages 14-17 (Awareness version of book – Pages 12-15)
PowerPoint slides	<a href="#">Please click here</a>
Video links	<a href="#">Stress - NHS</a> <a href="#">Stress – What is stress – Whats Up Dude</a> <a href="#">Managing stress - BBC</a>
Website	<a href="#">Mind - Stress</a>

## Module 5 – Mental health conditions

### DEPRESSION

Resources	Reference and links
First Aid for Mental Health manual	Pages 34-43 (Awareness version of book – Page 16)
PowerPoint slides	<a href="#">Please click here</a>
Video links	<a href="#">What is Depression? – TED Ed</a> <a href="#">Depression Understood: What it is like to have depression – BBC Three</a> <a href="#">Depression – Talking about mental health – Mind, the mental health charity</a>
Website	<a href="#">Mind - Depression</a>

### ANXIETY

Resources	Reference and links
First Aid for Mental Health manual	Pages 44-47 (Awareness version of book – Page 17)
PowerPoint slides	<a href="#">Please click here</a>
Video links	<a href="#">Anxiety - NHS</a> <a href="#">Generalised Anxiety Disorder - Osmosis</a> <a href="#">The physical effect of anxiety – Mind, the mental health charity</a>
Website	<a href="#">Mind – Anxiety and panic attacks</a>

### PSYCHOSIS

Resources	Reference and links
First Aid for Mental Health manual	Pages 84-87 (Awareness version of book – Page 18)
PowerPoint slides	<a href="#">Please click here</a>
Video links	<a href="#">What is psychosis – Sarah Amani</a>
Website	<a href="#">Mind - Psychosis</a>

### EATING DISORDERS

Resources	Reference and links
First Aid for Mental Health manual	Pages 66-71 (Awareness version of book – Page 19)
PowerPoint slides	<a href="#">Please click here</a>
Video links	<a href="#">Anorexia nervosa - causes, symptoms, diagnosis, treatment &amp; pathology - Osmosis</a> <a href="#">Bulimia nervosa - causes, symptoms, diagnosis, treatment &amp; pathology - Osmosis</a> <a href="#">Anorexia Recovery Story: How I Survived An Eating Disorder – BBC Three</a>
Website	<a href="#">Mind – Eating problems</a>

### SUICIDE

Resources	Reference and links
First Aid for Mental Health manual	Pages 60-65 (Awareness version of book – Page 20)
PowerPoint slides	<a href="#">Please click here</a>
Video links	<a href="#">Why Suicide? Understanding &amp; Dealing With Suicide – Paul McGregor</a> <a href="#">Suicide   Talking about mental health – Mind, mental health charity</a> <a href="#">How to Help Someone Who is Suicidal - Watchwellcast</a>
Website	<a href="#">Mind - Suicide</a>

### SELF-HARM

Resources	Reference and links
First Aid for Mental Health manual	Pages 54-59 (Awareness version of book – Page 21)
PowerPoint slides	<a href="#">Please click here</a>
Video links	<a href="#">Self-Harm: What Is it About? – Tedx Talks</a> <a href="#">Turning to self-harm – BBC Three</a>
Website	<a href="#">Mind – Self-harm</a>