

# Briarfield Training Solutions

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## Level 1 Award in Awareness of First Aid for Mental Health

Unit title: Awareness of First Aid for Mental Health

Guided hours: 4 hours.

Qualification code: 603/3768/0

Unit number: R/617/2918

<b>LEARNING OUTCOMES</b> The learner will:	<b>ASSESSMENT CRITERIA</b> 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	1.1 Define mental health 1.2 Indicate understanding of the stigma surrounding mental health 1.3 Identify factors that can affect a person's mental health 1.4 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	2.1 Outline the advice that should be provided to a person suffering from a suspected mental health condition 2.2 Know when to contact the emergency services in respect of first aid for mental health
3. Know how to recognise and manage stress	3.1 Identify signs of stress 3.2 State how stress can be managed
4. Know how to recognise a range of mental health conditions	4.1 State signs and/or symptoms for the following mental health conditions: • Depression • Anxiety • Psychosis • Eating disorders • Suicide • Self-harm
<b>Cost:</b>	To be delivered in your own venue the prices are as follows:-  <ul style="list-style-type: none"> <li>• £40 per person for the first 6 learners (minimum number 6)</li> <li>• For a quotation of more than 6 learners, please contact us for a discount.</li> <li>• Deposit required for 6 people to secure booking</li> <li>• Remaining amount to be paid within 24 hours of the course start date.</li> <li>• £50 per person for individual related bookings, i.e. open course.</li> </ul> <p style="text-align: right;">▪ <b>Prices correct as at 24.6.19</b></p>