

# Briarfield Training Solutions

E Mail: [briarfieldtrainingsolutions@gmail.com](mailto:briarfieldtrainingsolutions@gmail.com) [www.briarfieldtrainingsolutions.co.uk](http://www.briarfieldtrainingsolutions.co.uk)

Tel: 075 07 07 07 91

## Level 3 Award in Supervising First Aid for Mental Health

Unit title: First Aid for Mental Health

Guided hours: 12 hours.

Qualification code: : 603/3770/9

Unit number: L/617/2920

<b>LEARNING OUTCOMES</b> <b>The learner will:</b>	<b>ASSESSMENT CRITERIA</b> <b>The learner can:</b>
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 suspected 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. Understand the impact of substance abuse on mental health	4.1 State potential effects of alcohol and drug abuse on a person's mental health
5. Understand the first aid action plan for mental health and be able to put it in place	5.1 Demonstrate the application of the first aid action plan for mental health
6. Know how to implement a positive mental health culture in the workplace	6.1 State key factors in providing a positive mental health culture in the workplace 6.2 Describe how to implement a positive mental health culture in the workplace
7. Understand a range of mental health disorders and the support/therapy provided by professional healthcare providers	7.1 Describe the characteristics, including signs and/or symptoms, of each of the following mental health conditions: <ul style="list-style-type: none"> <li>• Depression</li> <li>• Anxiety</li> <li>• PTSD</li> <li>• Self-harm</li> <li>• Suicide</li> <li>• Eating disorders</li> <li>• Personality disorders</li> <li>• Bipolar</li> <li>• Psychosis</li> <li>• Schizophrenia</li> </ul> 7.2 Describe the support and therapy provided by professional healthcare providers for the above mental health conditions:
<b>Cost:</b>	Please call or email for a quotation for this course.