

FIRST AID FOR MENTAL HEALTH

OVERVIEW

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.

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 and understand the impact of substance abuse.

Learners will learn about the first aid action plan for mental health, be able to put the plan in place and understand how to implement a positive mental health culture in the workplace.

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.

ENTRY REQUIREMENTS

This 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. 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.

CERTIFICATION

There is no grading of the assessment, learners pass or are referred. The qualification is valid for 3 years from the date of achievement.

PROGRESSION

Learners who achieve this qualification could progress onto other First Aid for Mental Health qualifications.



To apply or for more information
email: business.ic@uhi.ac.uk

