

FAA Level 1 Awareness of First Aid for Mental Health

Course Introduction

The half day RQF FAA Level 1/ SCQF Level 4 award in Awareness of First Aid for Mental Health provides the learner with an excellent foundation into understanding First Aid for Mental Health. The awareness course is suitable for any individual and provides the learner with essential knowledge to recognise suspected mental health conditions in order to signpost the individual towards appropriate professional help.

We can also support with off-site team training at the convenience of your workplace or chosen location, [get in touch for more details!](#)

Course Pre-Requisites

See below for helplines & support from Mental Health industry professionals:

MIND - 0330 123 3393

Samaritans - 116 123

Shout - Text 'SHOUT' to 85258

Lighthouse Construction Industry Helpline - 0345 605 1956

Course Topics

Module 1 Introduction

Module 2 What is first aid for mental health?

Module 3 Identifying mental health conditions

Module 4 Providing advice and starting a conversation

Module 5 Stress

Module 6 Mental health conditions

Module 7 Assessment and course closure

Course Benefits

On successful completion, you will be awarded the RQF FAA Lvel 1/ SCQF Level 4 Award in Awareness of First Aid for Mental Health.

Assessment Method

Multiple-choice assessment paper

Qualification Expiry

3 Years