

JACT Wellness Ltd



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

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. The HSE guidance 'First aid needs assessment' refers to mental health in the workplace.

This 4-hour 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. 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.

This qualification is regulated in the UK and awarded by First Aid Awards (FAA). FAA are an awarding organisation regulated by Ofqual and SQA Accreditation and the qualification sits on the Regulated Qualifications Framework (RQF) and the Scottish Credit and Qualifications Framework (SCQF).

ENTRY REQUIREMENTS

The 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.

QUALIFICATION DELIVERY

The qualification has 4 assigned guided learning hours (GLH) and 5 hours total qualification time (TQT).

GLH indicates the number of contact hours that the learner will undertake being taught or assessed under the immediate guidance or supervision of the trainer/assessor in the classroom. TQT includes GLH but also considers any unsupervised learning or preparation that a learner may undertake independently which could include self-study or the completion of set tasks.

The minimum classroom contact time of 4 hours can be delivered in 1 day or can be completed over a maximum of 2 weeks ensuring that each session is a minimum of two hours.

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The learner ratio for the qualification is a maximum of 16 learners to 1 trainer/assessor.

QUALIFICATION VALIDITY

The qualification is valid for three years from the date of achievement. It is strongly recommended that the learner attends annual refresher training.

Requalification To requalify learners will need to complete the full 4-hour course again