



## LEVEL 2 full-day TRAINING COURSE:

### **First Aid for Youth Mental Health**

This qualification is suitable for anyone who actively connects with children, such as parents, carers, teachers, youth group leaders and young adults.

A range of First Aid for Mental Health related subjects are covered, including:

- What is first aid for youth mental health?
- Identifying mental health conditions
- Stress
- Mental health conditions
- Drugs and alcohol
- Self-Harm
- First aid action plan for mental health.

The qualification is assessed through a written assessment paper and the practical demonstration of the first aid action plan for mental health. Learners must successfully pass both parts of the assessment to be awarded the qualification.

A Level 2 Award in First Aid for Youth Mental Health will be issued to the learner, subject to successful assessment. The qualification is valid for three years from the date of achievement. The learner will need to complete the full course again to requalify for a further three years.

