

NVQ LEVEL 2 IN MENTAL HEALTH FIRST AID AWARENESS



Syllabus Unit No.	Learning Outcome
Understand what is meant by mental health	<ul style="list-style-type: none"> 1.1 Identify what is meant by the terms mental health and wellbeing. 1.2 Describe the aims of mental health first aid. 1.3 Describe how the actions of others can negatively affect individuals with a mental health condition. 1.4 Identify what is meant but the mental health continuum.
Understand common mental health conditions	<ul style="list-style-type: none"> 2.1 Identify the main signs and symptoms of mental health disorders/ crises/ problems including: Depression, substance misuse, addiction, anxiety disorders, including stress, phobias, post traumatic stress disorder (PTSD), self harm, suicide, eating disorders, personality disorders, psychotic disorders. 2.2 Identify risk factors for the mental health disorders/ crises/ problems listed above.
Understand the role of the mental health first aider	<ul style="list-style-type: none"> 3.1 Identify the skills and strengths of a mental health first aider. 3.2 Identify common treatments and/ or interventions for managing mental ill health. 3.3 Identify how the mental health first aider can support individuals showing signs or symptoms of mental health disorders or problems. 3.4 Identify sources of reliable information, support and guidance for mental health first aiders. 3.5 Identify examples of strategies that can reduce the risk of mental health issues arising.