

Highfield Level 2 Award in Introduction to First Aid for Mental Health (RQF)

Who is this qualification for?

The role of a first aider for mental health is to provide basic mental health support or to be the first response to someone in need, usually in the workplace. The first aider for mental health is not clinically qualified to assess, diagnose or treat mental ill health but they will know the basic tools to listen to individuals who require first response support for their mental health. This qualification can be taken by learners preparing to enter employment or by those who are already in employment.

Assessment Method

This qualification is assessed by 2 multiple-choice examinations, which will be marked by Highfield.

How long will it take?

The total qualification time (TQT) for this qualification is 15 hours and of this, 12 hours are recommended as guided learning hours (GLH).

Learners must complete all units contained within the mandatory group.

Mandatory group

Learners must achieve:

Unit reference	Unit title	Level	GLH	Credit
K/617/8367	Introduction to mental health, mental ill health and wellbeing	2	4	1
T/617/8369	Introduction to first aid for mental health	2	8	1



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