



# Mental Health

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

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The objective of this qualification is to support a role in the workplace and/or to give learners personal growth and engagement in learning, specifically in relation to understanding the principles of first aid for mental health.

A mental health first aider is a nominated person within an organisation who anyone can go to, to assist with a mental health problem. The first aider will help to advise and guide those needing assistance, and will have knowledge of how to identify those who are developing mental health issues.

### How long will it take me to achieve this qualification?

The total qualification time for this qualification is 15 hours, with 12 hours recommended as guided learning hours.

TQT is an estimate of the total number of hours it would take an average learner to achieve and demonstrate the necessary level of attainment to be awarded with a qualification, both under direct supervision (forming guided learning hours) and without supervision (all other time). TQT and GLH values are advisory and assigned to a qualification as guidance.

### How is the qualification assessed?

This qualification is assessed by 2 multiple-choice examinations.

### What next?

On successful completion of this qualification, learners may wish to continue their development by undertaking a Highfield Level 3 qualification in Healthcare Support or Understanding Mental Health in the Workplace for Managers.

### Where can this course be taken?

Through any Highfield approved training centre.

Qualification Number: 603/5165/2 Credit Value: 2