



NVQ LEVEL 2 IN MENTAL HEALTH FIRST AID

Completing the NVQ Level 2 Award in Mental Health First Aid Awareness **equips you with essential skills to recognise and support individuals facing mental health challenges.**

This qualification enables you to provide vital assistance, promote well-being, and create a more compassionate and understanding environment in various settings.



This course has 20 hours of study time required.

This NVQ is typically completed within 1 month.

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You have access to this course for 12 months from the date of enrolment.



This qualification is aimed at individuals working in all sectors.

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The NVQ Level 2 Award in Mental Health First Aid Awareness course is tailored for those currently working in positions that deal with adults in the working environment.

This qualification is **highly beneficial for those who are responsible for the wellbeing of employees within your organisation.**

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View
Qualification



The NVQ Level 2 Award in Mental Health First Aid Awareness is completely evaluated by each candidates' competency.

Evidence of your competency is based on real world, on-the-job training. You can even use your historic records as evidence to contribute towards your NVQ. **There are no exams within this qualification.**

There are no geographical restrictions on who can take this course.

NVQ LEVEL 2 IN MENTAL HEALTH FIRST AID AWARENESS



Syllabus Unit No.	Learning Outcome
Understand what is meant by mental health	<p>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.</p>
Understand common mental health conditions	<p>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.</p>
Understand the role of the mental health first aider	<p>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.</p>