

NVQ LEVEL 2 IN YOUTH MENTAL HEALTH FIRST AID AWARENESS



Learning Outcome	Assessment Criteria
Understand what is meant by youth mental health	1.1 Identify what is meant by the terms youth mental health and wellbeing. 1.2 Describe the aims of youth mental health first aid. 1.3 Describe why some young people with a mental health condition do not get the support they need.
Understand the relationship between mental health problems and adolescent development	2.1 Identify some of the risk factors that can increase a young person's risk of developing mental health problems. 2.2 Identify how mental health problems can affect adolescent development. 2.3 Identify risk factors that can worsen mental health problems in young people.
Understand common youth mental health conditions	3.1 Identify the main signs and symptoms of youth mental health disorders/ crises/ problems including: Depression, substance misuse, addiction-anxiety disorders, including generalised anxiety disorder (GAD), post traumatic stress disorder (PTSD) and obsessive compulsive disorder (OCD), self harm, suicide, eating disorders, psychotic disorders. 3.2 Identify risk factors for the mental health disorders/ crises / problems listed above.
Understand the roles of the youth mental health first aider	4.1 Identify the skills and strengths of a mental health first aider. 4.2 Identify common treatments and/ or interventions for managing youth mental ill health. 4.3 Identify how the youth mental health first aider can support young people showing signs or symptoms of mental health disorders or problems. 4.4 Identify sources of reliable information, support and guidance for youth mental health first aiders. 4.5 Identify examples of strategies that can reduce the risk of youth mental health issues arising.