



NVQ LEVEL 2 IN YOUTH MENTAL HEALTH FIRST AID

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

This qualification is **highly beneficial for those who are responsible for the wellbeing of the young people within their organisation.**

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Qualification



The NVQ Level 2 Award in Youth 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 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.