



Cookson First Aid

Free First Aid for all

Awareness of Young People's Mental Health

LEVEL 2 : 1-DAY TRAINING COURSE

This qualification provides an awareness of how and why young people are at risk of poor mental health. The qualification is ideal for young people as well as adults that support young people including teachers, support staff, youth workers and parents.

Learners undertaking this qualification will have an awareness of the typical events and situations that can affect a young person's mental health and how they can support them.

RQF Level 2 Award

QNUK Level 2 Award in Awareness of Young People's Mental Health (RQF)

The course is perfect for young people and those that support young people such as teaching staff and youth workers.

Duration

Total qualification Time (TQT) is 8 hours, with at least 7 Guided Learning Hours (GLH) in the classroom over a minimum of 1 day plus independent pre and post course study.

Course Content

- Know what is meant by the term 'mental health'
- Know how to recognise the causes and impact of common mental health conditions
- Know why young carers are at greater risk of poor mental health
- Understand how the internet gaming and social media impacts mental health
- Understand how young people may use harmful strategies to cope with a mental health disorder
- Know how to recognise and support a young person in suicidal crisis
- Understand how to improve resilience in young people to support their mental health

Numbers

A maximum of 20 students are allowed and must be a minimum of 16 years of age.

Assessment

The qualification assessment includes a written assessment. You must successfully complete the written assessment to achieve the qualification.

Certification

The qualification is valid for three years from the date of achievement. It is recommended that you attend annual refresher training. You will need to complete the full course again to re-qualify for a further three years.