

# TRAINER/ASSESSOR CPD FOR FIRST AID FOR YOUTH MENTAL HEALTH



To meet regulatory body requirements, it is crucial that all trainer/assessors have sufficient subject knowledge competence to deliver a qualification.

FAA's new Award in First Aid for Youth Mental Health shares many similarities with the 'adult' version of the qualification but there are some crucial differences that we must ensure are learnt by trainer/assessors before they are able to deliver.

For current First Aid for Mental Health trainers who wish to deliver the youth version, they must complete the CPD learning as outlined within this document and return the declaration that all topics and areas have been covered.

Please find below links to the qualification's PowerPoint slides, videos and websites that will guide you through the learning to be able to deliver the youth qualification.

The resources contained within this sheet are not exhaustive and you are encouraged to expand on this using the wealth of information that can be found on the internet and YouTube.

Please note that the copyright of the resources found on the video links and website links are the property of the respective YouTube channels and websites.

## General Information Sites

FAA recommend that the following websites are explored, read and understood in preparation for the delivery of this qualification:

[NSPCC – Child Abuse and Neglect](#)

[Young Minds](#)

[NHS – Youth Mental Health](#)

## Module 1 – What is first aid for youth mental health?

Resources	Reference and links
PowerPoint slides	<a href="#">Please click here</a>
Video link	<a href="#">Children's Mental Health – India Medical Hub</a>

## Module 2 – Identifying mental health conditions

Resources	Reference and links
PowerPoint slides	<a href="#">Please click here</a>
Website	<a href="#">Feelings and symptoms – Young Minds</a>

## Module 3 – Stress

Resources	Reference and links
PowerPoint slides	<a href="#">Please click here</a>
Websites	<a href="#">Childline - Stress</a> <a href="#">Mind - Stress</a>



## Module 4 – Mental health conditions

PowerPoint slides [Please click here](#)

### DEPRESSION

Resources	Reference and links
Video link	<a href="#">Depression in Children – Nip in the Bud</a>
Websites	<a href="#">Young Minds – Depression</a> <a href="#">NSPCC – Depression &amp; Anxiety</a>

### ANXIETY

Resources	Reference and links
Video link	<a href="#">Anxiety in Children – Nip in the Bud</a>
Websites	<a href="#">Young Minds - Anxiety</a> <a href="#">NSPCC – Depression &amp; Anxiety</a>

### PSYCHOSIS

Resources	Reference and links
Website	<a href="#">Young Minds - Psychosis</a>

### EATING DISORDERS

Resources	Reference and links
Video link	<a href="#">6 Types of Eating Disorders – Psych2go</a>
Website	<a href="#">Young Minds – Eating Problems</a>

### SUICIDE

Resources	Reference and links
Video link	<a href="#">Shattering the Silence – Tedx Talks</a>
Website	<a href="#">Young Minds - Suicide</a>

### SELF-HARM

Resources	Reference and links
Video link	<a href="#">Turning to Self-harm – BBC Teach</a>
Websites	<a href="#">Young Minds – Self-harm</a> <a href="#">NSPCC – Self-harm</a>

### POST-TRAUMATIC STRESS DISORDER

Resources	Reference and links
Video link	<a href="#">PTSD in Children – Nip in the Bud</a>
Website	<a href="#">Young Minds - PTSD</a>

### BULLYING

Resources	Reference and links
Video link	<a href="#">The Effect of being Bullied – BBC Teach</a>
Websites	<a href="#">Young Minds - Bullying</a> <a href="#">NSPCC – Bullying &amp; Cyberbullying</a>

### DRUGS AND ALCOHOL

Resources	Reference and links
Video links	<a href="#">Underage Alcohol Abuse – BBC Teach</a> <a href="#">Drug abuse – Medical Centric</a>
Websites	<a href="#">NSPCC – Underage Drinking</a> <a href="#">Talk to Frank – Worried about a child</a>

## Module 5 - First aid action plan for mental health

Resources	Reference and links
PowerPoint slides	<a href="#">Please click here</a>
Websites	<p><b>Note</b> - It is crucial that all trainer/assessors understand consent and safeguarding for children:</p> <p><a href="#">NHS - Child consent</a></p> <p><a href="#">NSPCC - Safeguarding</a></p> <p><a href="#">NSPCC - Recognising and responding to abuse</a></p> <p><a href="#">Mind - How can I help someone else seek help</a></p>

### DECLARATION

I can confirm that I have completed all CPD learning as outlined within this document and can confirm that I have the required additional knowledge to deliver the FAA Award in First Aid for Youth Mental Health.

Name:

Signed:

Date: