

SESSION PLAN

FAA LEVEL 2 AWARD IN FIRST AID FOR YOUTH MENTAL HEALTH (RQF) AWARD IN FIRST AID FOR YOUTH MENTAL HEALTH AT SCQF LEVEL 5

First Aid for Youth Mental Health : 6 hour duration

Please note that session plan timings are approximate. Trainer/assessors may need to be flexible and responsive taking into account the needs of the learners but must ensure that the minimum 6 contact hours are met and the full syllabus is covered.

Overview

Module 1	Introduction
Module 2	What is first aid for youth mental health?
Module 3	Identifying mental health conditions
Module 4	Stress
Module 5	Mental health conditions
Module 6	First Aid Action Plan for Mental Health
Module 7	Assessment and course closure

MODULE 1 INTRODUCTION

Session content	Trainer/assessor introduction Learner introductions Course information <ul style="list-style-type: none">• Administration• Learning outcomes and assessment criteria• Reasonable adjustment• Certification• Complaints and appeals• Assessment information
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Session duration 15 minutes

MODULE 2 WHAT IS FIRST AID FOR YOUTH MENTAL HEALTH?

Session content	Definitions Role and responsibilities of a first aider The impact of mental health issues Mental health stigma Statistics
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Session duration 30 minutes

MODULE 3 IDENTIFYING MENTAL HEALTH CONDITIONS

Session content	Mental health continuum Mental health risk factors Early warning signs
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Session duration 30 minutes

SESSION PLAN

MODULE 4 STRESS

Session content What is stress?
 Causes of stress
 Effects of stress
 Coping strategies

Session duration **30 minutes**

MODULE 5 MENTAL HEALTH CONDITIONS

Session content Depression
 Anxiety
 Psychosis
 Eating disorders
 Suicide
 Self-harm
 Post-traumatic stress disorder
 Conduct disorders - Bullying
 Drugs and alcohol

Session duration **125 minutes**

MODULE 6 FIRST AID ACTION PLAN FOR MENTAL HEALTH

Session content Check for significant risk of suicide or harm
 Apply non-judgemental communication skills
 Reassure and provide information
 Encourage professional support and self-help strategies
 Consent and safeguarding
 The first aider's own health and emotions

Assessment Scenario – Application of the first aid action plan for mental health

Session duration **90 minutes**

MODULE 7 ASSESSMENT AND COURSE CLOSURE

Session content Written assessment paper
 Course administration
 Course closure

Session duration **40 minutes**
