

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

Please find below links to the qualification's PowerPoint slides, videos, websites and relevant page numbers in the First Aid for Mental Health book that your trainer/assessor has sent to you.

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.

Module 1 – What is First Aid for Mental Health

Resources	Reference and links
First Aid for Mental Health manual	Pages 2-7
PowerPoint slides	Please click here
Video links	What is mental health – Mental Health at Work Reducing stigma - have that talk
Website	Mind – Mental health problems

Module 2 – Identifying mental health conditions

Resources	Reference and links
First Aid for Mental Health manual	Pages 8-9
PowerPoint slides	Please click here
Video links	Mental health Continuum – 360 wellbeing How to spot the signs of mental illness – Wessex Water
Website	Mind – Types of mental health problems

Module 3 – Providing advice and starting a conversation

Resources	Reference and links
First Aid for Mental Health manual	Pages 10-13
PowerPoint slides	Please click here
Video links	We all have mental health – Anna Freud NCCF Starting the conversation – MACE Starting a conversation about mental health – Pooky Knightsmith Mental Health
Website	Mind – How can I help someone else seek help

Module 4 – Stress

Resources	Reference and links
First Aid for Mental Health manual	Pages 14-17
PowerPoint slides	Please click here
Video links	Stress – NHS Stress – What is stress – Whats Up Dude Managing stress – BBC
Website	Mind – Stress

Module 5 – Mental health conditions

DEPRESSION

Resources	Reference and links
First Aid for Mental Health manual	Pages 34-43
PowerPoint slides	Please click here
Video links	What is Depression? – TED Ed Depression Understood: What it is like to have depression – BBC Three Depression – Talking about mental health – Mind, the mental health charity
Website	Mind – Depression

ANXIETY

Resources	Reference and links
First Aid for Mental Health manual	Pages 44-47
PowerPoint slides	Please click here
Video links	Anxiety – NHS Generalised Anxiety Disorder – Osmosis The physical effect of anxiety – Mind, the mental health charity
Website	Mind – Anxiety and panic attacks

PSYCHOSIS

Resources	Reference and links
First Aid for Mental Health manual	Pages 84-87
PowerPoint slides	Please click here
Video link	What is psychosis – Sarah Amani
Website	Mind – Psychosis

EATING DISORDERS

Resources	Reference and links
First Aid for Mental Health manual	Pages 66-71
PowerPoint slides	Please click here
Video links	Anorexia nervosa – causes, symptoms, diagnosis, treatment & pathology – Osmosis Bulimia nervosa – causes, symptoms, diagnosis, treatment & pathology – Osmosis Anorexia Recovery Story: How I Survived An Eating Disorder – BBC Three
Website	Mind – Eating problems

SUICIDE

Resources	Reference and links
First Aid for Mental Health manual	Pages 60-65
PowerPoint slides	Please click here
Video links	Why Suicide? Understanding & Dealing With Suicide – Paul McGregor Suicide Talking about mental health – Mind, mental health charity How to Help Someone Who is Suicidal – Watchwellcast
Website	Mind – Suicide

SELF-HARM

Resources	Reference and links
First Aid for Mental Health manual	Pages 54-59
PowerPoint slides	Please click here
Video links	Self-Harm: What Is it About? – Tedx Talks Turning to self-harm – BBC Three
Website	Mind – Self-harm

Module 6 – Drugs and alcohol

Resources	Reference and links
First Aid for Mental Health manual	Pages 18-23
PowerPoint slides	Please click here
Video links	Drug abuse, causes, signs and symptoms – Medical Centric Substance abuse in the workplace – Gregg Learning
Websites	Mind – Drugs and alcohol Mind – Drug names A to Z

Module 7 – First aid action plan for mental health

Resources	Reference and links
First Aid for Mental Health manual	Pages 24-27
PowerPoint slides	Please click here
Video link	Active listening – Optimal lifestyle
Website	Mind – How can I help someone else seek help

Module 8 – Mental health in the workplace

Resources	Reference and links
First Aid for Mental Health manual	Pages 28-33
PowerPoint slides	Please click here
Video links	Number on employer for workplace wellbeing – Mind, the mental health charity Workplace mental health, all you need to know – TEDx Positive mental health at work - Acas
Websites	Mind – Mental health at work Mind – How to be mentally healthy at work