

# SEAFARERS' MENTAL HEALTH AWARENESS & WELLBEING TRAINING

incorporating

## SUPERVISING FIRST AID FOR MENTAL HEALTH COURSE

### RQF Level 3 Award

Qualification title:	<b>FAA Level 3 Award in Supervising First Aid for Mental Health (RQF)</b>	Code:	<b>603/3770/9</b>
Unit title:	<b>Supervising First Aid for Mental Health</b>	Unit code:	<b>L/617/2920</b>

### SCQF Level 6 Award

Qualification title:	<b>Award in Leading First Aid for Mental Health at SCQF Level 6</b>	Code:	<b>R601 04</b>
Unit title:	<b>Leading First Aid for Mental Health</b>	Unit code:	<b>UM88 04</b>

This 2-Day course goes into detail on a wide range of mental health conditions and the support and help provided by healthcare professionals. It covers the content of both the Level 1 and Level 2 qualifications but is aimed at Trainer/Assessors and/or supervisor level within the workplace.

### Duration

A minimum of 12 hours spread over at least two days. Ideally, the course should be run over two consecutive days, but must be completed within 6 weeks of starting the course, with each training session a minimum of two hours.

### Syllabus

A range of First Aid for Mental Health related subjects are covered including:

- What is First Aid for Mental Health?
- Identifying mental health conditions
- Providing advice and starting a conversation
- Stress
- Mental health conditions
- Drugs and alcohol
- First Aid for Mental Health action plan
- First Aid for Mental Health in the workplace
- Depression
- Post-traumatic stress disorder
- Self-harm
- Suicide
- Eating disorders
- Personality disorders
- Bipolar disorder
- Psychosis
- Schizophrenia
- Anxiety

### Numbers

A maximum of 16 students are allowed on the course and must be a minimum of 18 years of age. A certificate can be offered to all, subject to assessment.

### Assessment

A range of methods are used, including practical and questioning (open and multiple-choice).

### Certification

Upon successful completion of the qualification assessment, delegates will be awarded a Quay Medical/Mental Health at Sea Seafarers Mental Health and Wellbeing Training Course 'Certificate of Attendance' and also the Ofqual regulated Level 3 Award in Supervising First Aid for Mental Health (RQF)/Award in Leading First Aid in Mental Health at SCQF Level 6. This qualification is valid for three years from the date of achievement. It is strongly recommended that the learner attends annual refresher training. The learner will need to complete the full course again to requalify for a further three years.



### Venues

Ideally, this course should be delivered in a collective group environment on board a vessel or a shore based venue as a team. However, other appropriate venues and permutations can be facilitated by us.

Quay Medical Mental Health and First Aid Training

Training Venue: Allendale House, Wimborne Minster, Dorset. BH21 1 AS

We also provide training on your premises or desired venue.

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