



Qualification Specification

ProQual Level 2 Award in Mental Health First Aid Awareness

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This qualification is part of ProQual's broad offer of qualifications in the First Aid Sector.

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Introduction

The ProQual Level 2 Award in Mental Health First Aid Awareness provides a nationally recognised qualification for those working in all sectors and job roles. The aim of this qualification is to allow individuals to develop and demonstrate their knowledge and understanding of mental health issues and mental health first aid.

The awarding body for this qualification is ProQual AB. This qualification has been approved for delivery in England. The regulatory body for this qualification is Ofqual, and this qualification has been accredited onto the Regulated Qualification Framework (RQF), and has been published in Ofqual's Register of Qualifications.

Qualification Profile

Qualification Title:	ProQual Level 2 Award in Mental Health First Aid Awareness
Qualification Number:	603/4234/1
Level:	Level 2
Total Qualification Time (TQT):	20 Hours
Guided Learning Hours (GLH):	15 Hours
Assessment:	Pass or fail
	Internally assessed and verified by centre staff
	External quality assurance by ProQual verifiers
Qualification Start Date:	11/03/2019
Qualification Review Date:	09/09/2027

Learner Profile

There are no formal entry requirements for this qualification. Centres should carry out an initial assessment of candidate skills and knowledge to identify any gaps and help plan the assessment.

Candidates completing this qualification should be **at least** 14 years old on the day they are registered with ProQual. Centres are reminded that no assessment may take place prior to candidate registration.

Qualification Structure

This qualification consists of **one** mandatory unit. Candidates must complete this unit to be awarded this qualification

Unit Number	Unit Title	Level	TQT	GLH
Mandatory Units – Candidates must complete all units in this group.				
J/617/4956	Mental Health First Aid Awareness	2	20	15

Centre Requirements

Centres must be approved to deliver this qualification. If your centre is not approved to deliver this qualification, please complete and submit the **ProQual Additional Qualification Approval Form**.

Materials produced by centres to support candidates should:

- Enable them to track their achievements as they progress through the learning outcomes and assessment criteria.
- Provide information on where ProQual's policies and procedures can be viewed.
- Provide a means of enabling Internal and External Quality Assurance staff to authenticate evidence.

Centres must have the appropriate equipment to enable candidates to carry out the practical requirements of this qualification.

Certification

Candidates who achieve the requirements for this qualification will be awarded:

- A certificate listing all units achieved, and
- A certificate giving the full qualification title:

ProQual Level 2 Award in Mental Health First Aid Awareness

Claiming certificates

Centres may claim certificates for candidates who have been registered with ProQual and who have successfully achieved the qualification. All certificates will be issued to the centre for successful candidates.

Unit certificates

If a candidate does not achieve all of the units required for a qualification, the centre may claim a unit certificate for the candidate which will list all of the units achieved.

Replacement certificates

If a replacement certificate is required a request must be made to ProQual in writing. Replacement certificates are labelled as such and are only provided when the claim has been authenticated. Refer to the Fee Schedule for details of charges for replacement.

Assessment Requirements

Each candidate is required to produce a portfolio of evidence which demonstrates their achievement of all of the learning outcomes and assessment criteria for each unit.

Evidence can include:

- Observation report by assessor
- Assignments/projects/reports
- Professional discussion
- Witness testimony
- Candidate product
- Worksheets
- Record of oral and written questioning
- Recognition of Prior Learning

Candidates must demonstrate the level of competence described in the units. Assessment is the process of measuring a candidate's skill, knowledge and understanding against the standards set in the qualification.

Centre staff assessing this qualification must be **occupationally competent** and qualified to make assessment decisions. Assessors who are suitably qualified may hold a qualification such as, but not limited to:

- ProQual Level 3 Certificate in Teaching, Training and Assessment.
- ProQual Level 3 Award in Education and Training.
- ProQual Level 3 Award in Assessing Competence in the Work Environment.
(Suitable for assessment taking place in a working salon only.)
- ProQual Level 3 Award in Assessing Vocational Achievement.
(Suitable for assessment taking place in a simulated training environment only.)

Candidate portfolios must be internally verified by centre staff who are **occupationally knowledgeable** and qualified to make quality assurance decisions. Internal verifiers who are suitably qualified may hold a qualification such as:

- ProQual Level 4 Award in the Internal QA of Assessment Processes and Practice.
- ProQual Level 4 Certificate in Leading the Internal QA of Assessment Processes and Practice.

Occupationally competent means capable of carrying out the full requirements contained within a unit. **Occupationally knowledgeable** means possessing relevant knowledge and understanding.

Enquiries, Appeals and Adjustments

Adjustments to standard assessment arrangements are made on the individual needs of candidates. ProQual's Reasonable Adjustments Policy and Special Consideration Policy sets out the steps to follow when implementing reasonable adjustments and special considerations and the service that ProQual provides for some of these arrangements.

Centres should contact ProQual for further information or queries about the contents of the policy.

All enquiries relating to assessment or other decisions should be dealt with by centres, with reference to ProQual's Enquiries and Appeals Procedures.

Units – Learning Outcomes and Assessment Criteria

Title:		Mental Health First Aid Awareness		Level:	2
Unit Number:		J/617/4956	TQT:	20	GLH: 15
Learning Outcomes <i>The learner will be able to:</i>		Assessment Criteria <i>The learner can:</i>			
1	Understand what is meant by mental health.	1.1	Identify what is meant by the terms: <ul style="list-style-type: none"> • Mental health. • Wellbeing. 		
		1.2	Describe the aims of mental health first aid.		
		1.3	Describe how the actions of others can negatively affect individuals with a mental health condition.		
		1.4	Explain the mental health continuum.		
2	Understand common mental health conditions.	2.1	Identify the signs and symptoms of the following: <ul style="list-style-type: none"> • Depression. • Substance abuse. • Addiction. • Anxiety disorders, including phobias. • Post-traumatic stress disorder. • Self-harm. • Suicide. • Eating disorders. • Personality disorders. • Psychotic disorders. 		

2	<i>Continued</i>	2.2	Identify the risk factors of the following: <ul style="list-style-type: none"> • Depression. • Substance abuse. • Addiction. • Anxiety disorders, including phobias. • Post traumatic stress disorder. • Self-harm. • Suicide. • Eating disorders. • Personality disorders. • Psychotic disorders.
3	Understand the role of the mental health first aider.	3.1	Describe the skills required by a mental health first aider.
		3.2	Identify common treatments and/or interventions used for managing mental ill health.
		3.3	Describe how the mental health first aider can support individuals showing signs or symptoms of mental health disorders or problems.
		3.4	Identify sources of reliable information, support and guidance for mental health first aiders.
		3.5	Identify examples of strategies that can reduce the risk of mental health issues arising.

Additional Assessment Information

This unit is **knowledge based**. This means that evidence is expected to take the form of candidate's written work and/or records of appropriate professional discussions.

Centres may use the appropriate ProQual Candidate Workbook, or their own, centre devised, assignments.

All evidence produced must be valid, authentic and sufficient. The candidate must produce evidence to show that they have met each of the assessment criteria, however one piece of evidence may be used for multiple assessment criteria.

Appendix One – Command Verb Definitions

The table below explains what is expected from each **command verb** used in an assessment objective. Not all verbs are used in this specification

Apply	Use existing knowledge or skills in a new or different context.
Analyse	Break a larger subject into smaller parts, examine them in detail and show how these parts are related to each other. This may be supported by reference to current research or theories.
Classify	Organise information according to specific criteria.
Compare	Examine subjects in detail, giving the similarities and differences.
Critically Compare	As with compare, but extended to include pros and cons of the subject. There may or may not be a conclusion or recommendation as appropriate.
Describe	Provide detailed, factual information about a subject.
Discuss	Give a detailed account of a subject, including a range of contrasting views and opinions.
Explain	As with describe, but extended to include causation and reasoning.
Identify	Select or ascertain appropriate information and details from a broader range of information or data.
Interpret	Use information or data to clarify or explain something.
Produce	Make or create something.
State	Give short, factual information about something.
Specify	State a fact or requirement clearly and in precise detail.



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