



Mental Health First Aid

Qualification Overview Factsheet



Who are The Launch Group?

The Launch Group are an award-winning training company. Started in 2013, we possess a proven track record of designing and developing a range of training programmes and qualifications, tailored to specific job sectors. Everything we do has one goal in mind: to carefully develop our customer's existing skills and enhance career prospects.

About this Qualification

A mental health first aider is a nominated person within an organisation who anyone can go to, to assist with a mental health problem. The first aider will help to advise and guide those needing assistance, and will have knowledge of how to identify those who are developing mental health issues. The objective of this qualification is to support a role in the workplace and/or to give learners personal growth and engagement in learning, specifically in relation to understanding the principles of first aid for mental health.

How long will it take me to achieve this qualification?

This can vary depending on your requirements. Typically, learners prefer to complete this qualification in one classroom/business day, either in a face to face environment or studying online. Once you are enrolled, our designated Tutor will communicate the learning plan.

How is the qualification assessed?

This qualification is assessed by 2 multiple-choice examinations, as listed below, taken at the end of the course. Learners must pass both examinations to be awarded the qualification. This qualification is graded pass/fail.

Exam 1: Introduction to mental health, mental ill health and wellbeing

Learners must complete 15 questions within 30 minutes and achieve a pass mark of 60% (9/15).

Exam 2: Introduction to first aid for mental health

Learners must complete 25 questions within 50 minutes and achieve a pass mark of 60% (15/25).

What next?

On successful completion of this qualification, learners may wish to continue their development by undertaking a Level 3 qualification in Healthcare Support or Understanding Mental Health in the Workplace for Managers.

Where can this course be taken?

This qualification can be studied either in person in a face to face classroom environment, or online using our distance learning method.

To take this award, you should:

- Be aged 16 or over
- Have a reasonable command of English, Maths, and Information and Communication technology (ICT)
- Be prepared to study in your own time i.e. reading, research and completing assessment activities.

How to enrol?

If you are a company looking to enrol multiple staff members on to this programme or looking for classroom delivery, please e-mail elarning@thelaunchgroup.co.uk providing a telephone number and a member of our commercial training team will be in touch to discuss your requirements.

If you are an individual looking to enrol on to this programme, please e-mail visit the following link which will take you through to our e-learning platform and you can begin studying immediately:

<https://learn.thelaunchgroup.co.uk/product/level-2-award-in-introduction-to-first-aid-for-mental-health-rqf/>