



Qualification
Guidance

Active IQ Level 2 Award in Mental Health Awareness

Qualification
Accreditation Number:
603/3794/1
Version AIQ005456

Active iQ

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Introduction

The Active IQ Level 2 Award in Mental Health Awareness is at Level 2 on the Regulated Qualifications Framework (RQF).

Guided learning hours:	15	Total qualification time:	20
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Entry requirements:

- There are no specific entry requirements.

Qualification outline

Target learners:

- Learners aged 16+.
- Learners wishing to improve their knowledge and awareness of mental health and mental health first aid.

Purpose

The purpose of this qualification is to provide learners with an understanding and awareness of mental health, common mental health disorders and issues, help reduce stigma and discrimination and encourage people to talk about mental health. Furthermore, the qualification should provide learners with the ability to apply their knowledge of mental health through recognising and responding to the signs of mental ill health in themselves and others and be able to offer mental health first aid to people experiencing mental ill health.

Progression

- Related Level 2 and/or Level 3 qualifications, for example:
 - Active IQ Level 2 Award in Alcohol Awareness
 - Active IQ Level 2 Award in Smoking Awareness and Cessation
 - Active IQ Level 2 Certificate in Promoting Community Health and Well-being

This qualification may also provide progression on to qualifications related to careers in mental health, health and social care, counselling, or psychology.

Links to National Occupational Standards

There are links to:

- Support others to promote understanding and help to improve people's mental health. (SFHMH90)
- Identify potential mental health needs and related issues. (SFHMH14)
- Enable people to recover from distressing mental health experiences. (SFHMH94)
- Support people with mental health needs in crisis situations. (SFHMH21)
- Deliver, review and adapt supervised exercise referral programmes for medium-high risk participants. (SKAEF24)

Occupational competence statements for tutoring, assessing and internally verifying

This section outlines the requirements for tutoring, assessing and internally verifying Active IQ qualifications.

Required criteria

All tutors, assessors and internal verifiers must:

- Possess a discipline-specific qualification equivalent to the qualification being taught.
- Have relevant industry experience.
- Demonstrate active involvement in a process of industry-relevant continuing professional development during the last two years (this may be discipline/context-specific or relevant to tutoring assessing or quality assurance).

Tutors and assessors

Tutors must hold, or be working towards, a teaching qualification.

The following are acceptable:

- Level 3 Award in Education and Training.
- Level 4 Certificate in Education and Training.
- Level 5 Diploma in Education and Training.
- Certificate in Education (including professional and postgraduate).
- Qualified Teaching and Learning Skills.

Assessors

Assessors must hold, or be working towards, any of the following:

- Level 3 Award in Understanding the Principles and Practices of Assessment.
- Level 3 Award in Assessing Vocationally Related Achievement.
- Level 3 Award in Assessing Competence in the Work Environment.
- Level 3 Certificate in Assessing Vocational Achievement.
- A1 (previously D32, D33).

Internal verifiers

Internal verifiers must hold, or be working towards, any of the following:

- Level 4 Award in Understanding the Internal Quality Assurance of Assessment Processes and Practice.
- Level 4 Award in the Internal Quality Assurance of Assessment Processes and Practice.
- Level 4 Certificate in Leading the Internal Quality Assurance of Assessment Processes and Practice.
- V1 (previously D34).

All new assessors and quality assurance staff must be given a clear action plan for achieving the appropriate qualification(s) and should be countersigned by an appropriately qualified individual until the qualification(s) are achieved.

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Qualification structure

Learners must complete the two mandatory units.

Mandatory units

	Unit	Unit accreditation number	Level	GLH	TQT
1	Mental health awareness	D/617/3070	2	10	10
2	Mental health first aid	H/617/3071	2	5	10

Learning outcomes The learner will:	Assessment criteria The learner can:
1. Understand mental health	1.1 Define mental health 1.2 Describe the mental health continuum 1.3 Outline stigma and discrimination in relation to mental ill health 1.4 Identify common misconceptions surrounding mental health 1.5 Describe the role of the media in the portrayal of mental health 1.6 Outline key statistical data in relation to mental health 1.7 Outline the duty of care
2. Understand mental health disorders	2.1 Identify the main signs and symptoms of common mental health disorders and mental health problems to include: <ul style="list-style-type: none"> • Depression • Anxiety disorders: stress, phobias and post-traumatic stress disorder • Schizophrenia • Eating disorders: anorexia nervosa and bulimia nervosa • Addiction and substance misuse • Bereavement • Self-harm 2.2 Identify common treatments and interventions used to manage mental health and mental ill health 2.3 Describe the main risk factors associated with mental ill health
3. Understand the support and advice available for mental ill health	3.1 Identify credible sources of information, support and guidance 3.2 Identify credible organisations offering support services 3.3 Identify appropriate responses that can be made to support someone with mental ill health
Assessment	Online worksheet

Learning outcomes The learner will:	Assessment criteria The learner can:
1. Recognise and respond to the signs of mental ill health in themselves and others	1.1 Recognise the signs of mental ill health 1.2 Provide initial help to a person experiencing mental ill health 1.3 Signpost appropriate sources of help 1.4 Escalate situations when a person may be at risk of harm to themselves or others 1.5 Promote good mental health
Assessment	Online case studies

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