

EQF/MQF Level 4 Qualification

Award in Mental Health First Aid (MHFAid)

Overview

This programme equips adult learners with the knowledge, confidence and practical communication skills needed to provide initial support to someone who may be developing a mental health difficulty, or experiencing a worsening of an existing difficulty. It is grounded in a first-aid model: learners are trained to recognise warning signs, listen non-judgmentally, maintain boundaries, assess immediate safety, provide reassurance and information, and encourage appropriate professional and community support. It is not a counselling, psychotherapy, diagnostic or clinical intervention course.

Recognitions

This is a new programme submitted for accreditation with the Malta Further and Higher Education Authority (MFHEA) – application dated 4th May 2026. European College of Innovation (ECI) holds MFHEA licence number 2023-006. Not yet an approved qualification at the time of writing; pending accreditation.

Regulatory Information

Qualification Title	Award in Mental Health First Aid (MHFAid)
Duration	1 month (30 days) – Part Time
Hours of Total Learning	25 hours
Contact / Self-Study / Assessment Hours	12 contact hours + 9 self-study hours + 2 hours assessment
Supervised Placement	2 hours
Target Audience	19 – 65+ years (minimum age 18)
Target Group	Adults aged 18+ wishing to recognise and respond to emerging mental health difficulties – managers, supervisors, HR staff, occupational health and safety personnel, educators, first aiders, community leaders, healthcare-adjacent and frontline workers, and members of the general public
Total Credit Value	1 ECTS
Assessment Methods	MCQ knowledge test (40%), observed practical scenario (40%, mandatory pass), brief support/referral action plan (20%)
Language of Assessment	English
Structure of Programme	Part Time
Delivery Mode	Campus (100% Face-to-Face)

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Course Structure

Unit Title	MQF	ECTS
Mental Health First Aid: Recognition, Response and Referral	4	1

Assessment Procedure

Grading is Pass/Fail, with a recommended overall pass mark of 70% and a mandatory pass in the observed practical scenario. Assessment consists of three components:

- MCQ knowledge test (40%): a closed-book test covering definitions, warning signs, stigma, the CARE framework, boundaries, crisis escalation and local supports (30 minutes, 20 questions). Minimum 70% required; one resit may be offered using an alternative question set.
- Observed practical scenario (40%, mandatory pass): the learner participates in a brief simulated first-aid conversation, assessed against a checklist covering safety, non-judgemental listening, risk escalation, reassurance, signposting and boundaries. Learners who do not meet the safety-critical criteria repeat the scenario after feedback. A learner must fail this component outright if they fail to escalate disclosed suicide/self-harm risk, leave a high-risk person unsupported, attempt to diagnose or treat, promise absolute confidentiality where risk is present, respond in a blaming or discriminatory way, or otherwise breach the non-clinical role boundary.
- Brief support/referral action plan (20%): the learner produces a short written plan for a case scenario identifying immediate concerns, boundaries, appropriate referral/support options and first-aider self-care. One resubmission is permitted after formative feedback where required.

Entry Requirements

In order to be eligible to follow this programme of study, learners should be in possession of the below:

- Minimum age 18 years. No formal prior qualification is required.
- Minimum English-language proficiency equivalent to CEFR Level B1 or IELTS 4.5, with particular importance placed on understanding spoken instructions and participating in discussion and role-play.
- Basic digital competence is helpful where materials or assessment are accessed via Microsoft Teams/Forms, though paper-based alternatives may be provided.
- Learners should be informed before enrolment that the course may include sensitive topics such as suicide, self-harm, trauma and substance misuse.

Term & Dates

January, April, July, October, Tailored