

Certificate in Mental Health First Aid and Mental Health Advocacy in the Workplace

Level 2 ⋮ 135 TQT ⋮ 120 GLH

With one in four adults experiencing mental ill health in any given year, at some point you are likely to find that a colleague, friend or family member has a mental health difficulty. This is why the concept of first aid for mental health is so important.

Like physical first aid, mental health first aid is about providing initial care and support to someone in need. Sometimes this may be an emergency situation. This does not mean being a mental health expert, it means being aware of the warning signs of a developing mental health problem, or even a mental health crisis, and being able to offer appropriate support. It is about relieving a person's distress by providing comfort and reassurance and listening to them in a non-judgemental way. It is about aiding the recovery of their mental health by signposting them to the right sort of help. This course covers all these points. It also looks at how the workplace in particular can impact upon mental well-being and what individuals, their managers and their organisations can do to create a mentally healthy environment.

Who's it for?

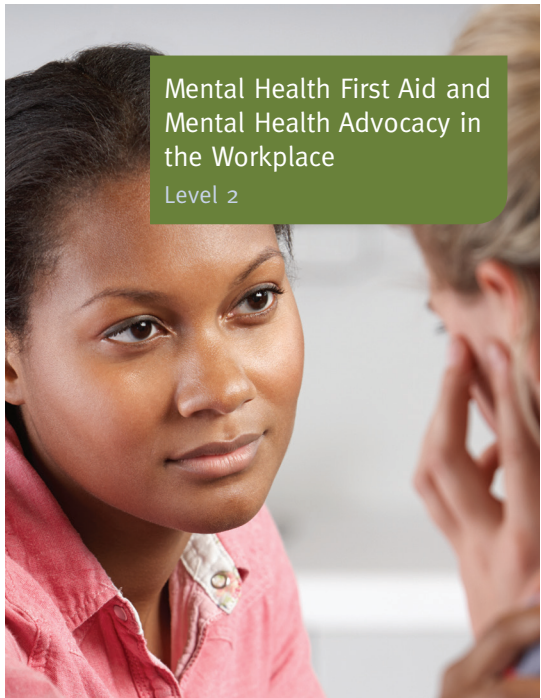
This qualification is suitable for anyone wanting to increase their knowledge and understanding of mental ill health and how to support people experiencing mental distress. The course will be particularly helpful to individuals, managers and organisations wishing to assess and improve mental well-being in the workplace or learning environment.

What are the benefits of doing this course?

As well as attaining a nationally recognised qualification upon completion, candidates will gain a good understanding of the signs and indicators of a range of common mental health problems, including the signs that a person may be experiencing a mental health crisis. Candidates will learn how to appropriately support individuals at these times within the boundaries of their own role and level of expertise.

The course also provides employers with a structured training programme that will meet the training needs of their employees, giving peace of mind that staff of all levels are equipped with the knowledge they need to recognise a decline in mental well-being and how they can contribute to creating a mentally healthy workplace or learning environment.





Mental Health First Aid and
Mental Health Advocacy in
the Workplace
Level 2



Progression opportunities

By undertaking this programme, learners will be able to further their own continuous professional development, which may improve their career prospects.

Visit www.hallmarkeducation.org.uk to view our extensive portfolio of other qualifications/courses and learning resources.

Information for learning centres

Qualification reference number:

603/5148/2

Awarding organisation:

NCFE CACHE (see www.cache.org.uk)

Course content

The Level 2 Certificate in Understanding Mental Health First Aid and Mental Health Advocacy in the Workplace comprises three mandatory units as follows:

Unit 1: Exploring mental health

Unit 2: Understand how to support individuals with mental ill health

Unit 3: Understand a mentally healthy environment

Course materials

Hallmark Education publishes all the learning materials required to complete the qualification. These materials have been reviewed and officially endorsed by the awarding organisation, NCFE CACHE. This means that our learning materials have gone through a rigorous assessment procedure. Official AO endorsement gives providers the peace of mind that our resources are 'fit for purpose' and enable learners to meet all the learning outcomes in their chosen qualification.

The learning materials comprise a set of high-quality knowledge workbooks that are designed to suit a range of delivery methods. Within these workbooks, learners have the opportunity to work through a series of reflective activities that are designed to reinforce the learning process and test their knowledge. The materials also include assessments that allow learners to complete a portfolio of evidence and demonstrate their achievement of all the learning outcomes associated with each unit. Hallmark also provides a comprehensive tutor guide to support centres delivering this qualification.



For further information, please contact:

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