

## **Understanding Mental Health First Aid and Mental Health Advocacy in the Workplace Level 2 Certificate**

Study Mode: Part-time | Course Level:

### **Is this course right for me?**

If you want to raise awareness of mental health, create a culture of care and the promote positive mental health in the workplace, this 12-week course will enable you to gain an understanding

of mental health conditions, the principles of mental health first aid and how this can be implemented to support your colleagues when required.

### **Entry Requirements**

You will need to demonstrate you are working at Level 2 in English and complete an English diagnostic assessment if required.

### **What will I learn?**

During the course you will gain an understanding of factors which may contribute to mental ill health and the actions that can be taken, including:

- How to support individuals with mental ill health.
- Individuals' responsibilities and how to protect their own mental health.
- Relevant legislation.
- Mentally healthy environments and wellness action plans

### **What skills will I gain?**

These include:

- Communication
- Using ICT to research and complete assignments using a virtual learning platform
- Reflection, planning and prioritising
- Working within a team

### **How will I be assessed?**

This is an assessment-based course and there are no exams.

You will be continually assessed throughout the course in the following ways:

- Assignments
- Case studies
- Oral and written questions
- Projects

## What can I do next?

Completion of the course will enable you to provide mental health support in a range of settings, and progress to:

- Apprenticeship in Health & Social Care
- Preparing to Work in Adult Social Care Level 2/Level 3 Certificate
- Awareness of Dementia Level 2 Award
- Working in the Health Sector Level 2/Level 3 Certificate
- Principles of End of Life Care Level 3 Certificate
- Stroke Care Management Level 3 Certificate

## Why study with us?

The course is flexible and is delivered through a blended learning approach by experienced staff who have worked within the health and social care sector.

## Delivery

**Location:** Wellington Road Campus

**Start Date:** 10/04/2026

**Day:**

**Time:** 1 morning or 1 afternoon per week (day TBC)

**Course Fee:**

**Course Code:** Q4730

**Study Mode:** Part-time

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