

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

Study Mode: Part Time

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.

1 morning or 1 afternoon per week (day TBC)

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

Please note: City of Wolverhampton College reserves the right to close or not run courses if enrolment numbers are not educationally or economically viable. If this course is unable to run, you will be notified as soon as possible. We apologise for any inconvenience this may cause.

Delivery

Location: Wellington Road Campus

Start Date: 10/04/2026

Day:

Time:

Course Fee:

Course Code: Q4730

Study Mode: Part Time



Apply online: www.wolvcoll.ac.uk/apply

