

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





Course overview

1 in 4 people will experience a mental health problem in any given year. They range from common problems, such as depression and anxiety, to rare problems like schizophrenia and bipolar disorder. Mental Health First Aid is a growing phenomenon to help tackle the mental health crisis.

This online qualification is helpful for anyone wanting to understand mental health first aid and how to care for those with mental ill health in a variety of settings. It's also valuable for anyone planning a career that requires an understanding of mental ill health and is looking to qualify in this.



Learning method

Studying via distance learning means you can choose when and where you study. We ensure you get all the support you need throughout your course in the form of a personal Tutor and a Learner Support Advisor.



Fully Online

All of our award-winning, online learning resources are of the highest quality and are designed to be engaging and interactive to keep you focused on your learning at all times.

Who is suitable?

The course is suitable but not limited to those who may interact with individuals with mental health issues and support needs in their day-to-day lives, such as customer service, housing, hospitality, travel and tourism, sport and recreation and the voluntary sector.





What you will learn

Unit 1: Exploring mental health

- Section 1: Know what is meant by mental health and mental ill health
- Section 2: Understand factors which may contribute to mental ill health
- Section 3: Understand types of mental ill health in individuals
- Section 4: Understand actions to take when an individual is facing a mental health crisis

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

- Section 1: Understand the importance of positive relationships
- Section 2: Understand the importance of a person-centred approach to supporting mental ill health
- Section 3: Understand own responsibilities and limitations in relation to the mental health of others and how to protect own mental health when supporting others
- Section 4: Understand the impact of attitudes and perceptions of mental health for individuals and organisations

Unit 3: Understand a mentally healthy environment

- Section 1: Know about the legislative framework relevant to mental health
- Section 2: Understand mentally healthy environments
- Section 3: Understand the importance of having a wellness action plan

Benefits

- Fully online course
- Study from anywhere, at any time
- Gain an accredited Level 2 qualification
- Nationally recognised
- Access to an award-winning e-learning platform
- Unlimited support from qualified tutors
- Receive a digital e-certificate upon completion
- No hidden costs

To find out more information, please visit our website at:

