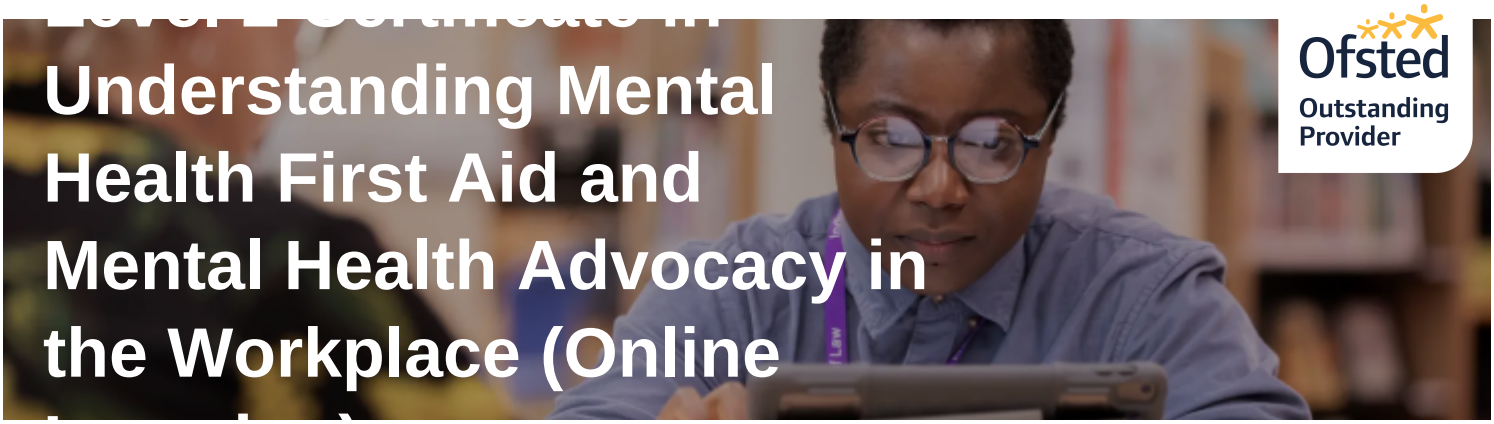


Level 2 Certificate in Understanding Mental Health First Aid and Mental Health Advocacy in the Workplace (Online Learning)

Ofsted Outstanding Provider

Course Level: Level 2

Campus: Stafford

Subject Type: Care, Education, Nursing & Midwifery

Course Overview:

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.

What's Covered:

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. During our self-study course, 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

Entry Requirements:

There are no formal entry requirements for this course, however you should have a good level of reading and writing skills.

Assessment Information:

This is an online learning course and will require the learner to commit to self study hours in order to complete the assessments.

Each learner will be assessed via interactive online resources and end of unit assessment questions. Assessments must be completed in the agreed timescale and submitted to the assessor who will then provide feedback, advice and guidance, and, additional support where needed.

Progression:

There are further online Level 2 certificates that you may progress to, which include: mental health problems, learning disabilities, equality and diversity and Counselling Skills. Alternatively, may wish to progress to our face to face Level 2 Counselling Skills course offering onsite at Newcastle and Stafford Colleges Group.

What else do I need to know?

This course is FREE for adult learners aged 19+ who are UK residents with a valid immigration status for the duration of the course. Please note, if you choose to withdraw from the course, you may be charged a £100 administration fee.

This course is delivered through self-study using interactive software, alongside independent study tasks. Studying online can be challenging, as it requires staying organised, motivated, and managing your own time, but you'll have tutor support to help you stay on track and make progress at your own pace.

How do I find out more?

For further information, please contact our Adult Education Team on 01785 275594 or email adult.education@nscg.ac.uk.