

Level 2 Certificate in

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

This qualification is designed for learners who wish to raise awareness of mental health, creating a culture of care and the promotion of positive mental health. This qualification gives learners the opportunity to understand mental health, its associated care and how this can be applied to learners or colleagues in the workplace.

Unit 1 – Exploring mental health

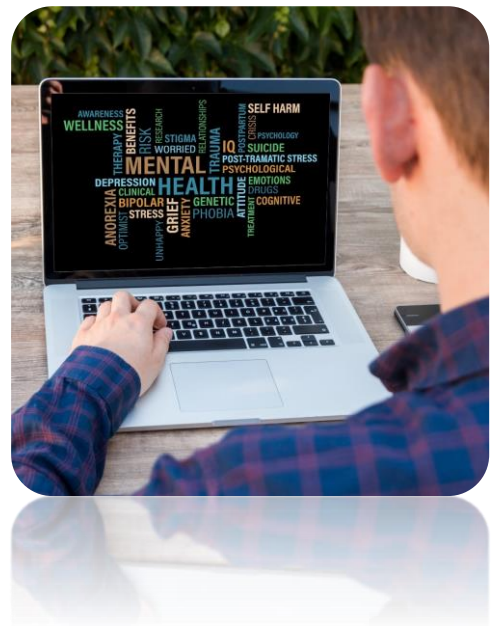
- Know what is meant by mental health and mental ill health
- Understand factors which may contribute to mental ill health
- Understand types of mental ill health in individuals
- Understand actions to take when an individual is facing a mental health crisis

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

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

Unit 3 – Understand a mentally healthy environment

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



*The level 2 distance learning courses are fully funded.
The only criteria is that you are over 19, have lived in the EU for the past 3 years and currently live in England.*



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