



Cookson First Aid

Free First Aid for all

Mental Health at Work

LEVEL 2 : 1-DAY TRAINING COURSE

This qualification is aimed at employees. With an increase in poor mental health it is important that individuals understand their own mental health and how common mental health concerns can be identified in themselves and others; with strategies to reduce the risk.

This qualification will support learners who work in an environment where they may be required to recognise, support and signpost those with mental health conditions.

RQF Level 2 Award

Qualification title: Level 2 Award in Mental Health at Work (RQF)

The qualification covers the most common mental health conditions, how to identify potential mental health concerns in colleagues and then how to discuss their needs and assist them to access suitable services and support.

Duration

Total qualification Time (TQT) is 7 hours, with at least 6 Guided Learning Hours (GLH) in the classroom over a minimum of 1 day plus independent pre and post course study.

Course Content

- Be aware of common mental health disorders
- Know how to recognise the causes and impact of stress
- Recognise and support those with a common mental health condition
- Understand how individuals may use harmful strategies to cope with a mental health disorder
- Know how to support an individual with a mental health issue

Numbers

A maximum of 20 students are allowed and must be a minimum of 16 years of age.

Assessment

The qualification assessment includes a written assessment. You must successfully complete the written assessment to achieve the qualification.

Certification

The qualification is valid for three years from the date of achievement. It is recommended that you attend annual refresher training. You will need to complete the full course again to re-qualify for a further three years.