



Cookson First Aid

Free First Aid for all

Mental Health at Work

LEVEL 3 : 2-DAY TRAINING COURSE

The ideal qualification for mental health ambassadors in the workplace.

Learners will develop knowledge of a range of mental health conditions, potential impacts on an individual in the workplace and where to refer them for help and support. Learners will hold a mental health conversation with the aim of providing support.

RQF Level 3 Award

Qualification title: Level 3 Award in Mental Health at Work (RQF)

The qualification covers a range of mental health conditions; some more common than others, 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 14 hours, with at least 12 Guided Learning Hours (GLH) in the classroom over a minimum of 2 days 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
- Know how to recognise the causes and impact of common mental health conditions
- Know how to recognise and support individuals with a personality disorder
- Know how to recognise and support individuals with Psychosis
- Understand how individuals may use harmful strategies to cope with a mental health disorder
- Know how to recognise and support an individual in suicidal crisis
- Be able to support an individual with a mental health issue
- Know the legal requirements for managing mental health in a workplace

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.