

Course Information Sheet

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



Course Description:

Become a mental health champion! This qualification equips you to support people experiencing mental health challenges.

In today's world, mental health awareness is crucial. This Level 2 Mental Health First Aid course empowers you to provide initial support to those experiencing mental health issues, gaining the knowledge and confidence to recognise signs and symptoms of common mental health conditions, offer initial help, and guide individuals towards appropriate resources.

The course explores key areas:

- Introduction to mental health, common mental health conditions, and the impact on individuals.
- Recognising signs and symptoms of depression, anxiety, and stress.
- Active listening skills, providing reassurance, and de-escalation techniques.
- Understanding self-care, safeguarding yourself and others, and mental health legislation.
- Exploring available resources, supporting individuals towards seeking help.

Who should join this course?

This course is ideal for:

- Individuals working in any sector who want to support colleagues or clients experiencing mental health challenges.
- Anyone wanting to gain a deeper understanding of mental health and become a mental health advocate in their community.

- Those interested in pursuing a career in mental health support services.

Entry Requirements

Previous level 1 maths and English achievement or demonstrating the ability to work at these levels is recommended

Progression Opportunities:

This course serves as a stepping stone to further qualifications in mental health, such as Level 3 diplomas in Mental Health Support or specialist training in specific mental health areas.

How do I enrol?

To apply for this course online at www.oucoursesouthwest.co.uk and simply click on the 'How to Enrol' button and complete the Enrolment Form and one of our customer service team will be in touch or call to speak to one of our friendly Learning Advisors on 01752 660713. You will be invited to undertake an initial assessment to ascertain your levels of English and maths prior to entry on this course of study.

How will the course be delivered?

This is an **E-Learning course** and is exclusively delivered via an online learning, self-study programme. You will be enrolled for an online learning platform and will work independently through the units and materials provided.

Will I need to practise outside the classroom?

This is an E-learning course, and your study pattern is self-managed. A commitment of 2 - 3 hours per week is suggested to enable successful completion of the course within the timescale of 20 weeks.

How will I know I'm making progress?

You will receive regular feedback from an assessor following completion and submission of individual units.

What will I need?

A laptop or desktop computer with internet access is required for completion of coursework and home learning

Please note:

Most courses attract a subsidy from the Education and Skills Funding Agency (ESFA). It is a requirement of the ESFA that you complete various forms at different stages of your course, further information is available on request. Courses are subject to a minimum number of enrolments and could be cancelled if recruitment is low. In some cases, an alternative class at a different location may be offered.

Terms and conditions are available at

<https://www.onsouthwest.co.uk/learner-information/essential-information-for-every-learner>

Room numbers are subject to change - please check when you arrive at the venue.

