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

Around 450 million people currently suffer from mental health problems, with recent reports suggesting that over 12 million working days were lost due to work-related stress, depression or anxiety in just one year.

It's important that employers are transparent and open about mental health issues, and this qualification builds an understanding of mental health problems and the support available to colleagues. Increasing the understanding of mental health of staff at all levels builds a culture of care and support.

Course content includes:
- What is meant by mental health and mental ill health
- Factors contributing to different types of mental ill health and actions to take when an individual is facing a mental health crisis
- The importance of positive relationships and person-centred approaches
- How to protect your own mental health when supporting others
- The impact of attitudes and perceptions of mental health for individuals and organisations
- Wellness action plans

Mandatory units
- Exploring mental health
- Supporting individuals with mental ill health
- Understanding a mentally healthy environment

Qualification

Fully Funded
Level 2 Certificate
Distance Learning

Guided Learning Hours	120
Course length	12 weeks

**To enquire about this course, call Claire at CQM Learning
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