

Training Solutions

Level 2 Award in Understanding Mental Health in the Workplace (RQF)



Intended Audience

The **QA Level 2 Award in Understanding Mental Health in the Workplace (RQF)** is a regulated and nationally recognised qualification that has been specifically designed to raise awareness of the signs and symptoms of common mental health conditions in the workplace and how best to offer support and guidance to colleagues.

Course Overview

Throughout this 1 day course, Learners will develop a greater understanding on the importance of positive mental health and wellbeing in the workplace and the role that everyone plays in recognising and handling mental health issues at work.

Topics covered include: understanding mental health and its importance, promoting positive mental health in the workplace, common mental health conditions, mental health first aid at work action plan, plus much more.

What Do I Do Next?

If you would like a course exclusively run for your employees, at your business premises, we would be happy to arrange this for you. Prices for a closed course are available on application.

Please call **01522 690 237** or email Elizabeth Turner at elizabeth.turner@pibrm.com to discuss further or book a place on one of our open courses.

Did you know that **1 in 4 people in the UK** are likely to experience mental health problems each year?

Mental health is just as important as physical health, yet whilst we know how to take care of our own physical health, many people do not know how to support friends, relatives or even colleagues who are experiencing poor mental health.

By developing a greater understanding of common mental health conditions, as well as how best to support and guide someone to professional help, you can help to reduce the stigma associated with mental health in the UK

About the Course:

- > Duration: 1 Day
- > Ofqual Regulated
- > Refresher training recommended every: 3 Year

Assessment Method

1 x Theory Assessment (Multiple Choice Question Paper).



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