

# Training Solutions

## Level 3 Award in Mental Health First Aid in the Workplace (RQF)



### Intended Audience

The QA Level 3 Award in Mental Health First Aid in the Workplace (RQF) is a regulated and nationally recognised qualification that has been specifically designed for those who would like to raise their awareness of mental health, develop an understanding on how best to support, reassure and signpost colleagues to professional support.

What's more, candidates will develop the knowledge, skills and confidence to actively promote positive mental health within their workplace, making it an ideal qualification for mental health champions/first aiders, human resources, managers, supervisors and team leaders.

### About the Course

- > Duration: 2 Days
- > Quallsafe regulated
- > Refresher training recommended every 3 years

### 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](mailto:elizabeth.turner@pibrm.com) to discuss further or book a place on one of our open courses.

### What Is covered?

- > Understanding mental health and its importance
- > The roles and responsibilities for mental health in the workplace
- > Importance of own wellbeing as a mental health first aider

### Common mental health conditions, including:

- > Characteristics and features
- > Work-related stress
- > Anxiety
- > Eating disorders
- > Depression
- > Post-traumatic stress disorder (PTSD)
- > Obsessive compulsive disorder (OCD)
- > Phobias
- > Bipolar
- > Self-harm
- > Psychosis
- > Suicide

### Promoting positive mental health first aid in the workplace

- > Best practice for employers
- > Mental health first aid at work action plan
- > Appropriate coping strategies

### How employers can provide support to employees in the workplace

- > Assisting those off work or returning to work
- > Procedures to support employees who are off work whilst experiencing poor mental health
- > Types of support available both locally and nationally



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