



## Level 2 Award in Understanding Mental Health in the Workplace Course Fact Sheet

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# Level 2 Award in Understanding Mental Health in the Workplace

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## Course Aim

The aim of the course is to educate candidate's in common mental health illnesses such as depression, stress and anxiety, eating disorders, self-harming and suicide.

The qualification includes how to listen to others and provide advice on where to signpost for expert support to assist them in difficult times.

The course will assist with reducing stigma associated with mental health problems in the workplace.

## Who Should Attend

This course is suitable for anyone with an interest in mental health and would like to raise their awareness and be able to listen and signpost work colleagues to a professional body that can provide support.

This course is not suitable if you are looking to become a Mental Health First Aider in your workplace. For this you need the QA Level 3 Award in Mental Health First Aid at Work course.

## Course Length

One day

## Entry Requirements

Candidates are not required to have any prior knowledge or qualifications in first aid to enable them to attend this course.

However, it is recommended that candidates have a minimum of Level 1 in Literacy/English or equivalent to undertake this qualification. Candidates should be aged 16 or above.

## The Content

- What is Mental Health?
- Identify the roles of those associated with Mental Health in the Workplace.
- The Mental Health Continuum.
- Understand the legislation associated with Mental Health and the Core Standards
- Understand how employers can promote a culture of positive Mental Health.
- Identify how Core Standards for Mental Health can be introduced into the workplace
- Main signs and symptoms of mental health disorders, crises and problems including:
  - Suicide
  - Self-Harm
  - Psychosis
  - Work Related Stress
  - Anxiety
  - Eating Disorders
  - Depression
- Active listening skills and how to show empathy.
- Recovery and wellness recovery action plan.
- Action plan for a mentally healthier workplace.
- Be able to identify sources of reliable information, support and guidance.

## Accredited By

This course is accredited by Quasafe Awards (QA) and sits on the Regulated Qualifications Framework (RQF).

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## The Benefits

By attending this course, candidates will understand the roles and responsibilities of a qualified mental health first aider as well as the legal requirements for mental health in the workplace.

They will have a good understanding of the different types of mental health illnesses and be able to recognise the main signs and symptoms of each.

On returning to the workplace, candidates will have the skills and knowledge to recognise and support someone experiencing a mental health illnesses.

You will be able to demonstrate compliance with legislation and prove due diligence through training records and certificates. In addition, your business, your employees and your customers will be protected.

## Delivery Methods

- In-House  
(Maximum of 12 candidates per course)

## Assessment Methods

Candidates will be assessed by multiple choice examination, where they must answer at least 10 out of 15 questions correctly.

The examination will take 25 minutes to complete. Successful completion will result in a Qalsafe Level 2 Award in Understanding Mental Health in the Workplace certificate.

## What Is Included

- Training in a friendly and relaxed learning environment
- Envesca's proven track record of fantastic results
- Knowledge and guidance from experienced time-served trainers
- Mental Health First Aid in the Workplace Workbook
- Refreshments throughout the course during public classroom courses
- All examination fees plus certification costs
- The protection of Envesca's genuine "no risk" guarantee
- Excellent after care from a supportive team

### OFQUAL Qualification Number

603/5191/3

## Refresher Recommendation

This qualification is valid for 3 years. The candidate will need to retake the qualification before the certificate expiry date to remain qualified.

## Suggested Progression

Upon successful completion of this qualification, candidates may wish to continue their development by completing the Level 3 Award in Mental Health First Aid in the Workplace qualification

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