

Level 2 Certificate

UNDERSTANDING MENTAL HEALTH FIRST AID AND MENTAL HEALTH ADVOCACY IN THE WORKPLACE

This free course will provide you with the skills to support colleagues with mental health problems and explain what a mentally healthy environment looks like.

These skills will be gained by increasing your knowledge and understanding of mental health conditions and the principles of mental health first aid and how this can be implemented in the workplace.

This NCFE course is aimed at increasing the understanding of mental health among staff at all levels and aids in building a culture of support in the workplace.

It is suitable for individuals who wish to raise awareness of mental health and create a culture of care and the promotion of positive mental health.

COURSE UNITS INCLUDE

- Exploring mental health
- Understand how to support individuals with mental ill health
- Understand a mentally healthy environment

FREE ANDROID TABLET

on completion of this course

**TO BOOK OR TO REFER FOR THIS COURSE
PLEASE CONTACT:**

**LMP EDUCATION | 020 3836 4380
AEB@LMPEDUCATION.ORG
WWW.LMPEDUCATION.ORG**

Eligibility Criteria

LEARNERS NEED A LAPTOP OR COMPUTER TO ACCESS THIS COURSE

This course is delivered remotely.

You must be 19+ and be able to commit fully to the course.

Access to relevant ID is required to register to the course.

An online initial assessment is required to be completed prior to the course starting.

Your Math & English working level must be at least entry-level 3.

Must not have completed these qualifications previously at degree standard or possess the same qualifications higher than level 1.

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CAREER PATHWAYS
INFORMATION [HERE](#)**

