

Care Certificate in Mental Health First Aid and Mental Health Advocacy in the Workplace Level 2

The purpose of this qualification is to give learners the skills to support colleagues with mental health problems. These skills will be gained by increasing the learner's 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 qualification is suitable for learners who wish to raise awareness of mental health, creating a culture of care and the promotion of positive mental health. This qualification gives learners the opportunity to understand mental health, its associated care and how this can be applied to learners or colleagues in the workplace.

Exploring Mental Health

1

- Know what is meant by mental health and mental ill-health
- Understand factors which may contribute to mental ill-health
- Understand types of mental ill-health in individuals
- Understand actions to take when an individual is facing a mental health crisis

Understand How to Support Individuals with Mental Ill Health

2

- Understand the importance of positive relationships
- Understand the importance of a person-centred approach to supporting mental ill-health
- Understand own responsibilities and limitations in relation to the mental health of others
- Understand how to protect your own mental health when supporting others
- Understand the impact of attitudes and perceptions of mental health for individuals and organisations

Understand a mentally healthy environment

- Know about the legislative framework relevant to mental health
- Understand mentally healthy environments
- Understand the importance of having a wellness action plan

3

Assessment Method

You will submit an assessment at the end of each module. Assessments are submitted online.

QUALIFICATION IS DELIVERED THROUGH AN ONLINE OR PAPER BASED SYSTEM WITH TUTOR SUPPORT THROUGHOUT

Guided Learning Hours

120 Hours

Duration

3 Months

Job Roles

Customer Service
Housing
Volunteer Sector
Hospitality
Travel and Tourism

