qualsafe
registered centre
Centre No.: 908233

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

2 day course | Ofqual regulated | Certificate valid for 3 years

Course Overview

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

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

The **Qualsafe 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. 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.

What's 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: Work-related Stress, Anxiety, Depression, Post-traumatic stress disorder (PTSD), and 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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