

QA Level 2 Award in Understanding Mental Health in the Workplace (RQF)



1 day
course



Ofqual
regulated



Certificate valid
for 3 years

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

Course Overview

Mental health is just as important as physical health, yet whilst we know how to take care of our own physical health, many people do not know how to support friends, relatives or even colleagues who are experiencing poor mental health. By developing a greater understanding of common mental health conditions, as well as how best to support and guide someone to professional help, you can help to reduce the stigma associated with mental health in the UK.

The **QA Level 2 Award in Understanding Mental Health in the Workplace (RQF)** is a regulated and nationally recognised qualification that has been specifically designed to raise awareness of the signs and symptoms of common mental health conditions in the workplace and how best to offer support and guidance to colleagues. During this course, candidates will develop a greater understanding of the importance of positive mental health and wellbeing in the workplace and the role that everyone plays in recognising and handling mental health issues at work.

What's covered?



Understanding mental health and its importance



Identifying the roles and responsibilities of those associated with mental health in the workplace



The legislation associated with mental health in the workplace



Promoting positive mental health in the workplace



Common mental health conditions, including:

- ◇ Work-related stress
- ◇ Anxiety
- ◇ Eating disorders
- ◇ Depression
- ◇ Post-traumatic stress disorder (PTSD)
- ◇ Obsessive Compulsive disorder (OCD)
- ◇ Phobias
- ◇ Bipolar
- ◇ Psychosis
- ◇ Suicide



Identifying key features within a mental health first aid at work action plan and listening techniques

For more information, please get in touch with the team on:



0808 169 1100



UK@maersktraining.com



<https://www.maersktraining.com/b2c-course/qa-l2-award-in-understanding-mental-health-in-the-work-place/>

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, **QA Level 3 Award in Mental Health First Aid in the Workplace** is available.

In aid of



the best of lives



QA Level 3 Award in Mental Health in the Workplace



2 day
course



Ofqual
regulated



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

Course Overview

Mental health is just as important as physical health, yet whilst we know how to take care of our own physical health, many people do not know how to support relatives, friends and even colleagues who are experiencing poor mental health. By developing a greater understanding of common mental health issues, as well as how best to support and guide someone to professional help, you can help further reduce the stigma associated with mental health in the UK.

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.

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:

- ◇ Characteristic and features
- ◇ Work-related stress
- ◇ Anxiety
- ◇ Eating disorders
- ◇ Depression
- ◇ Post-traumatic stress disorder (PTSD)
- ◇ Obsessive compulsive disorder (OCD)
- ◇ Phobias
- ◇ Bipolar
- ◇ 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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