

Qualsafe Level 2 Award in Understanding Mental Health in the Workplace - 1 day

Throughout this 1 day course, Learners will develop a greater understanding on 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. Topics covered include: understanding mental health and its importance, promoting positive mental health in the workplace, common mental health conditions and mental health first aid at work action plan.

The objective of the qualification is to benefit the Learner by educating them 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 to expert support to assist them in difficult times. The qualification will potential assist with reducing stigma associated with mental health problems in the workplace

Instructions

Learners must be at least 16 years old on the first day of the training.

There are no other formal entry requirements but to benefit from the learning, it is advised that Learners have a minimum of Level 2 in literacy and numeracy or equivalent.

Must Bring Photo ID - For British Nationals, one of the following (**original hard copy - not electronically**): a current and valid branded form of identity token, used for accessing the RMI (Railway Maintained Infrastructure) such as a Sentinel Card; in-date and valid full driving licence; in-date and valid UK Provisional Photo Card Driving Licence; in-date and valid passport, a UK biometric ID Card/Residence Permit (BRP), an Armed Forces Identity Card, a proof of age card recognised under PASS with a unique reference number (this includes the Citizen ID Card), N.I. Electoral Identity Card or a resident permit as per Home Office guidance.

For Non-British Nationals - an in-date and valid passport, Identity Card or Driving Licence from an EU or European Economic Area (EEA) country or a US Passport Card is required (**original hard copy - not electronically**).

Please advise of any special needs i.e. Dyslexia

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