Understanding Mental Health in the Workplace Level 2

PROMETHEUS MEDICAL

This is a one-day course that provides the student with an enhanced understanding of the importance of positive mental health and wellbeing in the workplace.

It highlights the role that everyone plays in recognising and handling mental health issues at work.

Course content

The aim of the qualification is to benefit the student by educating them in common mental health illnesses such as depression, stress and anxiety, eating disorders, self-harming and suicide. It provides the student with the knowledge on how to seek out professional assistance for those suffering from mental health illness.

The syllabus includes:

• Understanding mental health and its importance

• Promoting positive mental health in the workplace

• Common mental health conditions

• Mental health first aid at work action plan

• How to listen to others and provide advice

• Signpost to expert support to assist those difficult times

Duration: 1 day

Entry Criteria: No prior qualifications required. The course is for those who wish to raise their awareness of the signs and symptoms associated with mental health problems.

Certification: QualSafe (QA) Level 2 Understanding Mental Health in the Workplace

> **Thank you for an insightful course, I can now recognise the symptoms of mental health problems.**
> Student Testimonial

PART OF **SAFEGUARD MEDICAL**