

## Understanding Mental Health First Aid and Advocacy in the Workplace Certificate L2

### Course Overview

The purpose of this distance learning qualification is to enable individuals to acquire the skills to support colleagues with mental health problems. The course will develop your 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 is a paper-based course but all study is completed remotely.

### What you will learn

The course consists of 3 units: exploring mental health, understand how to support individuals with mental ill-health, and understanding a mentally healthy environment. You are provided with textbooks to support your learning and you will receive feedback and support from your tutor. The course can take as little as 3 weeks to complete and consists of one assessment book.

### Entry Requirements

To complete this course you must be over 19, have lived in the EU for the past 3 years, and currently live in England.

### Course Fees

0.00

### Course Progression

We have a huge choice of distance learning courses available at both levels 2 and 3. At the end of your course, your tutor may suggest a suitable option for you to progress onto or you can contact the distance learning team to advise you on the courses available. We also have a careers team available via phone, email or in-person who can help to plan a career pathway for you.

### What Happens Next

Apply online via the College website. You will then be invited to enrol for your chosen course of study. You can apply at any point throughout the year and start the course when you like.

### Course Details

Course Code	P00061
Start Date	01/08/2025
Study Hours	Distance Learning
Duration	6
Campus	Distance Learning
Level	2

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