

**FREE
Short
Course**

Mental Health First Aid

Develop the skills needed to assist with mental health issues in the workplace

What will I learn?

Upon completion you will achieve a NCFE Level 2 Certificate in Understanding Mental Health First Aid and Mental Health Advocacy Awareness in the Workplace

The qualification includes 3 units:

- Exploring Mental Health
- Understanding how to support individuals with mental ill health
- Understanding a mentally healthy environment

How will I study?

- Online, at your own pace, on your phone, tablet or laptop
- With the support of an expert tutor and learning support team

Benefits

- Achieve a nationally recognised Level 2 qualification
- Increases your awareness of mental health and helps reduce stigma
- Learn at a time and pace that suits you with the support of a dedicated learning support team

What our learner's say...

“I really enjoyed studying the Level 2 Mental Health First Aid qualification. The course was broken down into smaller units which allowed me to work at my own pace. The content really made me consider my own mental health and how I can support others within my organisation”

How do I Find Out More?

To register your interest or to find out more please call 01207 585 914 or email adultlearning@derwentside.ac.uk