



Level 2 Certificate in
Understanding Mental Health
First Aid and Mental Health
Advocacy in the Workplace

Qualification facts

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About this qualification

The purpose of this qualification is to give learners the skills to support colleagues with mental health problems. These skills will be gained by increasing the learner's knowledge and understanding of mental health conditions and the principles of mental health first aid and how this can be implemented in the workplace.

Who is it suitable for?

This qualification is suitable for learners who wish to raise awareness of mental health, creating a culture of care and the promotion of positive mental health. This qualification gives learners the opportunity to understand mental health, its associated care and how this can be applied to learners or colleagues in the workplace.

Entry requirements

Entry is at the discretion of the centre. However, learners should be aged 16 or above to undertake this qualification.

There are no specific prior skills/knowledge a learner must have for this qualification. However, learners may find it helpful if they've already achieved a Level 2 qualification.

Experience in the workplace

This is a knowledge only qualification. Work/industry placement experience is not required.

Qualification structure

To be awarded the Level 2 Certificate in Understanding Mental Health First Aid and Mental Health Advocacy in the Workplace, learners are required to successfully complete 3 mandatory units-

Unit 01 Exploring mental health

Unit 02 Understand how to support individuals with mental ill health

Unit 03 Understand a mentally healthy environment

How is the qualification assessed?

Learners must successfully demonstrate their achievement of all learning outcomes of the units as detailed in the qualification specification.

Unit ref no.	Title	Unit type	Level	GL
A/617/8261	Exploring mental health	Knowledge	2	40
K/617/8269	Understand how to support individuals with mental ill health	Knowledge	2	40
D/617/8270	Understand a mentally healthy environment	Knowledge	2	40

Guided Learning Hours: 120

Total Qualification Time: 135

Progression

Learners who achieve this qualification could progress to:

- Level 2 and 3 Certificate in Preparing to Work in Adult Social Care
- Level 2 Award in Awareness of Dementia
- Level 2 Certificate in Understanding Working in the Health Sector
- Level 2 and 3 Certificate in the Principles of End of Life Care
- Level 3 Certificate in Stroke Care Management
- Intermediate and Advanced Apprenticeships in Health and Social Care.

Career opportunities

Workers within a wide range of public service roles will interact with those with mental health issues and support needs in their day-to-day work across a number of sectors.

This qualification may be useful to learners studying qualifications in the following sector(s)/area(s):

- customer service
- housing
- voluntary sector
- sport and recreation
- hospitality
- travel and tourism.

For more information

Full details of this qualification can be found on our website www.qualhub.co.uk

