

Qualsafe Level 3 Award in Mental Health First Aid in the Workplace- 2 days

The QA Level 3 Award in Mental Health First Aid in the Workplace (RQF) is a regulated and nationally recognised qualification that has been specifically designed for those who would like to raise their awareness of mental health, develop an understanding on how best to support, reassure and signpost colleagues to professional support.

Candidates will develop the knowledge, skills and confidence to actively promote positive mental health within their workplace, making it an ideal qualification for mental health champions/first aiders, human resources, managers, supervisors and team leaders.

Instructions

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Please advise of any additional learning needs, eg dyslexia.

What is covered:

- Understanding mental health and its importance
- The roles and responsibilities for mental health in the workplace
- Importance of own wellbeing as a mental health first aider

Common mental health conditions, including:

• Characteristics and features

- Work-related stress
- Anxiety
- Eating disorders
- Depression
- Post-traumatic stress disorder (PTSD)
- Obsessive compulsive disorder (OCD)
- Phobias
- Bipolar
- Self-harm
- Psychosis
- Suicide
- Promoting positive mental health first aid in the workplace
- Best practice for employers
- Mental health first aid at work action plan
- Appropriate coping strategies

How employers can provide support to employees in the workplace

- Assisting those off work or returning to work

Procedures to support employees who are off work whilst experiencing poor mental health

Types of support available both locally and nationally

Address

Intertrain (UK) Ltd
Balby Court Business Campus
Balby Carr Bank
Doncaster
South Yorkshire
DN4 8DE

Contact

Tel: 01302 815 530
Email: sales@intertrain.biz