

## 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) has been specifically designed for those who would like to raise their awareness of mental health, develop an understanding on how to support, reassure and guide those experiencing poor mental health. What's more, you will develop the knowledge, skills and confidence to actively promote positive mental health within your workplace, making it an ideal qualification for Mental Health Champions/First Aiders, Human Resources, Managers, Supervisors and Team Leaders.

Throughout this 2 day course, you will also cover:

- Identifying characteristics and features of common Mental Health conditions
- Importance of own wellbeing as a Mental Health first aider
- Best practice for employers in relation to Mental Health in the workplace
- Support for those experiencing Mental Health issues whilst at work

## Instructions

Before applying for this course, please ensure you meet the following criteria:

You must be at least 18 years old on the first day of training

You should have an interest in mental health

There are no other formal entry requirements but to benefit from the learning, it is advised that Learners have a minimum of Level 3 in literacy and numeracy or equivalent

Must Bring Photo ID - For British Nationals, one of the following (**original hard copy - not electronically**): a current and valid branded form of identity token, used for accessing the RMI (Railway Maintained Infrastructure) such as a Sentinel Card; in-date and valid full driving licence; in-date and valid UK Provisional Photo Card Driving Licence; in-date and valid passport, a UK biometric ID Card/Residence Permit (BRP), an Armed Forces Identity Card, a proof of age card recognised under PASS with a unique reference number (this includes the Citizen ID Card), N.I. Electoral Identity Card or a resident permit as per Home Office guidance.

For Non-British Nationals - an in-date and valid passport, Identity Card or Driving Licence from an EU or European Economic Area (EEA) country or a US Passport Card is required (**original hard copy - not electronically**).

Please advise of any special needs i.e. Dyslexia

Please be aware that for some individuals the content covered within this qualification maybe distressing. If you have any concerns that you may be potentially affected by any of the content then please do not hesitate to contact Quallsafe Awards for further details.

Note: To remain an approved Mental Health First Aider in the Workplace learners will need to update their QA Level 3 Award in Mental Health First Aid in the Workplace (RQF) accordingly.

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