

Mental Health at Work - One Day Course

QNUK Level 2 Award in Mental Health at Work (RQF)

Who is this course for?

This level 2 QNUK accredited course is aimed at employees, those working in community settings and individuals who wish to understand more about their own mental health, how common mental health concerns are, and how they can be identified in themselves and others. The course is designed to be an additional learning objective for those keen to develop a key mental health role at work.

Course Content

This level 2 qualification course will cover the key mental health conditions as identified by NICE and cover research based methods to reduce the impact or risk of mental health conditions. Participants will be able to understand the mental wellbeing of colleagues in workplace settings, people within community settings and amongst family and friends.

Key Learning Objectives and Learning Outcomes

On completion of this course, delegates will have the ability to understand the mental wellbeing of their colleagues in the workplace, their family/personal environment through covering the following objectives:

- Becoming aware of common mental health disorders
- Knowing how to recognise the causes and impact of stress
- Knowing how to recognise the causes and impact of common mental health conditions
- Understanding how individuals may use harmful strategies to cope with a mental health disorder
- Knowing how to support an individual with a mental health issue

Dates Ongoing **Time** All one day courses start at 9.30am and end at 5.30pm
(please arrive by 8.30am for registration)

Venue Various throughout the UK

Book online at Donovan Academy - info@donovanacademy.co.uk

Group Bookings

For groups of 10 or more we can come to your suited location. If you are interested please email info@donovanacademy.co.uk - You can also call Donovan Academy on 07951 164 931. We look forward to training and educating you on your journey.



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