7Y TRAINING
TRAINING THAT BUILDS CONFIDENCE
Keep Stepping Up.

Level 3
Mental Health First Aid in the Workplace

Develop the knowledge and confidence to recognise, support and respond to mental health needs in the workplace.

A two-day Mental Health qualification designed to develop knowledge and confidence in recognising and supporting people experiencing mental ill-health in the workplace.
Learners will explore mental health in the workplace, recognise signs and symptoms, develop listening skills and understand how to signpost someone towards appropriate professional support.

DURATION
2 Days
14 Guided Learning Hours

DELIVERY
Leominster or suitable locations across the UK

SUITABLE FOR
Adults aged 18+ interested in Mental Health First Aid
Managers · Supervisors · Employees

Certification
Qualsafe Level 3 Award in Mental Health First Aid in the Workplace

About This Course

This two-day qualification is designed for people who want to develop their understanding of mental health and build the confidence to support others in the workplace.

Learners will explore common mental health problems, how to recognise signs and symptoms, how to actively listen and have supportive conversations, and how to signpost individuals towards appropriate sources of help. The course also considers workplace responsibilities, policies and approaches to supporting positive mental health.

Why Choose 7Y Training?

✓ Experienced, qualified instructors

✓ Practical, engaging training

✓ Accredited qualifications

✓ Training available across the UK

✓ Friendly, personal service

Talk to Paula today

📞 07808 670110
✉️ paula@7ytraining.co.uk

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WHAT YOU'LL LEARN

By the end of the course, learners will have developed knowledge and understanding of:

✓ Mental Health and its importance in the workplace
✓ The role and boundaries of a Mental Health First Aider
✓ Recognising signs of common Mental Health conditions
✓ Work-related stress and anxiety
✓ Active listening and supportive conversations
✓ Mental Health First Aid strategies and action planning
✓ Signposting to appropriate support
✓ Supporting positive Mental Health in the workplace

WHO IS THIS COURSE FOR?

The course is suitable for:

✓ Workplace Mental Health First Aiders
✓ Managers and supervisors
✓ HR personnel
✓ Employees who want to support colleagues
✓ Anyone with an interest in workplace Mental Health

Learners must be aged 18 or over on the first day of training.

ASSESSMENT & CERTIFICATION

Assessment
25-question multiple-choice assessment
Pass mark: 18 out of 25

Certification
Qualsafe Level 3 Award in Mental Health First Aid in the Workplace

Validity
Qualification valid for 3 years
Requalification required before expiry

PREPARING FOR YOUR COURSE

Mental Health training is classroom based and includes discussion and learning activities. Learners are encouraged to participate at a level they feel comfortable with.

No special clothing required

Personal medication

Phone/tablet
If needed during breaks

Lunch
Please bring if required

IMPORTANT:
This course includes discussion of sensitive mental health topics, including self-harm and suicide. Learners are encouraged to take part at a level they feel comfortable with.

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