

## Level 2 Award in Introduction to Mental Health Awareness

### Course Overview

The course develops an understanding and awareness of mental health and wellbeing. It offers individuals the opportunity to develop the candidate's own professional development and/or enables them to support colleagues in management positions with overall responsibility for mental health. The course is aimed at those wishing to promote a positive, 'wellness at work' culture.

The course provides knowledge and understanding in relation to the principles of mental health, recognising mental ill health in themselves and others, supporting mental wellbeing and how to support others in relation to their mental health and wellbeing.

### Course Content

The course covers:

- Understanding mental health and wellbeing.
- The risk factors associated with mental health and wellbeing.
- Life events that can adversely affect mental health.
- Types of mental ill health and mental illnesses.
- How to identify the signs and symptoms of mental health and mental ill health.
- Key protective factors for mental health.
- Strategies to support in the management of mental health.
- Positive stress and its role on mental health.
- Sources of guidance and support for mental health.
- Creating a positive mental health culture in the workplace.

### Structure

1 day face to face or online delivery.

Module:

Unit 1 - Introduction to mental ill health and wellbeing.

### Assessment

The course is Ofqual approved and regulated by an awarding body.

The course is assessed by 1 multiple-choice examination.

Graded as pass/fail.

### Cost

£200 (Exc VAT)

Second person booking = 10% discount

If you would like further information, please contact us:

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