



# Level 2 Certificate in

Understanding Mental Health  
First Aid and Mental Health  
Advocacy in the Workplace



# LEVEL 2 Certificate

## Understanding Mental Health First Aid and Mental Health Advocacy in the Workplace

## The Purpose

### OVERVIEW

#### This qualification aims to:

focus on the study of mental health first aid and mental health advocacy in the workplace offer breadth and depth of study of mental health first aid.

#### The objectives of this qualification are to:

- introduce and explore different types of mental ill health, and factors that may increase the risk of mental ill health in individuals.
- understand how to support individuals with mental ill health within boundaries of own role
- explore how to create a mentally healthy environment for individuals in a variety of settings.

#### Entry guidance

This qualification is designed for learners who wish to raise awareness of mental health, creating a culture of care and the promotion of positive mental health. This qualification gives learners the opportunity to understand mental health, its associated care and how this can be applied to learners or colleagues in the workplace.

Workers within a wide range of public service roles may interact with those with mental health issues and support needs in their day-to-day work across a number of sectors.

The purpose of this qualification is to give learners the skills to support colleagues with mental health problems.

These skills will be gained by increasing the learner's knowledge and understanding of mental health conditions and the principles of mental health first aid and how this can be implemented in the workplace.



# UNIT 1 Exploring Mental Health

This unit will introduce learners to different types of mental ill health. They will understand factors which may contribute to mental ill health and actions that can be taken.

<b>Learning outcomes</b> The learner will:	<b>Assessment criteria</b> The learner can:
<b>Know what is meant by mental health and mental ill health</b>	Define what is meant by mental health and mental ill health
	Explain what is meant by the mental health continuum
<b>Understand factors which may contribute to mental ill health</b>	Describe factors that may increase the risk of mental ill health in individuals
	Explain how physical health can affect mental health
<b>Understand types of mental ill health in individuals</b>	Use examples to describe different types of mental ill health along the continuum
	Identify signs and indicators that an individual may be experiencing mental ill health
<b>Understand actions to take when an individual is facing a mental health crisis</b>	Identify the steps to take to support an individual who is facing a mental health crisis





## UNIT 2 Understand how to support individuals with mental ill health

The aim of this unit is to understand how to support individuals with mental ill health. Learners will understand their responsibilities and how to protect their own mental health.

<b>Learning outcomes</b> The learner will:	<b>Assessment criteria</b> The learner can:
<b>Understand the importance of positive relationships</b>	Describe characteristics of positive relationships
	Explain the importance of positive relationships and effective communication when supporting individuals with mental ill health
	Describe ways to support an individual with mental ill health
<b>Understand the importance of a personcentred approach to supporting mental ill health</b>	Define the term person-centred
	Describe the importance of a personcentred approach for mental health
<b>Understand own responsibilities and limitations in relation to the mental health of others</b>	Explain the importance of recognising own responsibilities and limitations in relation to supporting the mental health of others
	Identify when it may be necessary to refer to others when supporting individuals with mental ill health
	Explain the role of the qualified mental health first aider
<b>Understand how to protect own mental health when supporting others</b>	Explain the importance of seeking support for own mental health
<b>Understand the impact of attitudes and perceptions of mental health for individuals and organisations</b>	Outline stigma and stereotypes relating to mental health illness.
	Describe how attitudes and perceptions can influence an individual with mental ill health.
	Summarise the impact media can have on an individual's mental health and wellbeing.
	Explain how mental ill health can impact : self; family, friends and colleagues; learning/education; work/employment; day to day living.

## UNIT 3 Understand a mentally healthy environment

Learners will know about relevant legislation. They will understand mentally healthy environments and wellness action plans.

<b>Learning outcomes</b> The learner will:	<b>Assessment criteria</b> The learner can:
<b>Know about the legislative framework relevant to mental health</b>	Identify relevant legislation and guidance in relation to mental health provision
	Identify drivers in relation to mental health provision
	Describe how policy can support the mental health of individuals
<b>Understand mentally healthy environments</b>	Describe strategies to promote wellbeing
	Outline sources of information, resources and support for mentally healthy environments
	Identify strategies to reduce barriers to accessing mental health support
	Explain the importance of promoting mentally healthy environments in the workplace
<b>Understand the importance of having a wellness action plan</b>	Define what is meant by a wellness action plan
	Identify key components of a wellness action plan
	Explain the importance of a wellness action plan for self and others



greyseal  
academy

---



[www.greyseal.co.uk](http://www.greyseal.co.uk)

01773 829 121

[admin@greysealacademy.co.uk](mailto:admin@greysealacademy.co.uk)

Grey Seal Academy Unit 3, The Heritage Business Centre, Derby Road , Belper DE56 1SW