

FREE

 **Awarding Body**
NCFE / CACHE / TQUK

 **Course Duration**
6 / 12 Weeks

Mental Health First Aid Level 2

Course Overview

Welcome to the Mental Health First Aid Level 2 course, designed to equip you with the knowledge and skills to support individuals with mental ill health. In this course, we will explore the topic of mental health in-depth, delving into the various mental health conditions that individuals may face, and understanding how to support and provide appropriate assistance to those who are experiencing mental ill health.

Throughout the course, we will cover the essential aspects of creating a mentally healthy environment, identifying risk factors, and offering support and signposting to appropriate resources. You will learn how to approach conversations about mental health, recognize signs of distress, and respond appropriately to individuals experiencing mental health difficulties.

By the end of the course, you will have a comprehensive understanding of mental health and how to support individuals experiencing mental ill health, ensuring you are equipped with the knowledge and confidence to help those around you. Let's begin the journey towards creating a more mentally healthy community together.


What is the cost?


As a result of government funding, this qualification is currently offered at no cost. However, please note that the number of funded places can be limited. To ensure you secure your spot, we recommend booking early.


How do learners benefit?

Taking the Mental Health First Aid Level 2 course will benefit learners by equipping them with the skills and knowledge to support individuals experiencing mental ill health.

By understanding the signs and symptoms of different mental health conditions, learners will be able to recognize when someone is in distress and provide appropriate support and signposting to resources. The course will also cover how to create a mentally healthy environment and identify risk factors that can impact an individual's mental health. Overall, learners will develop a deeper understanding of mental health and feel more confident in their ability to support others, creating a more supportive and inclusive community.

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