



## Qualification

# Level 2 Certificate in Understanding Mental Health First Aid and Mental Health Advocacy in the Workplace

(603/5148/2)





## Course Description

The **Level 2 Certificate in Understanding Mental Health First Aid and Mental Health Advocacy in the Workplace** is designed to provide learners with essential knowledge and understanding of mental health first aid principles and mental health advocacy within workplace settings. It introduces different types of mental ill health, factors that may increase risk, and how mental health first aid can be implemented to support colleagues.

This qualification is ideal for learners who wish to raise awareness of mental health and contribute to creating a culture of care in the workplace. It offers a clear foundation in understanding mental health conditions, person-centred support, workplace wellbeing strategies, and the role of a mental health first aider. It prepares learners for further study or progression into health, social care, or workplace wellbeing pathways rather than clinical or therapeutic roles.

## Course Structure

The **Level 2 Certificate in Understanding Mental Health First Aid and Mental Health Advocacy in the Workplace** consists of **three mandatory units**:

**UNIT  
01**

**Exploring Mental  
Health**

**UNIT  
02**

**Understand How  
to Support  
Individuals with  
Mental Ill Health**

**UNIT  
03**

**Understand a  
Mentally Healthy  
Environment**



## How We Support You – Our Support and Delivery Model

Our courses are designed to be accessible, supportive, and suitable for learners at all levels. All learning materials are written in clear, straightforward language to help learners build understanding and confidence.

Courses are delivered entirely through **self-paced distance learning** via our online platform, enabling learners to study flexibly alongside work, education, or personal commitments.

Learners have continuous access to tutor support throughout their course. Tutors can be contacted via the VLE or email, with responses typically provided within 24 to 48 hours.

Additional **on-demand support sessions** may be arranged where required. Regular **live webinars** are also offered, subject to tutor availability, providing opportunities for engagement, questions, and reinforcement of learning.

### Assessment Process

Assessment is completed through:

#### Written assignments

There are **no formal examinations**. Assessment focuses on demonstrating understanding, awareness, and the ability to apply knowledge appropriately.

### Course Duration

The course offers **120 Guided Learning Hours (GLH)** and is delivered through flexible, self-paced learning. It can typically be completed within approximately **3 months**, depending on the learner's own pace. Course access expires after one year, and a re-enrolment charge is applicable.



## Our Process

**01.**

### Choose & Pay for Your Course Online

Select your desired course and payment method online. Opt for either full payment or convenient monthly instalments where available. Complete your payment after filling out the application form.

**02.**

### Fill Out the Enrolment Form

After payment, you will be prompted to complete the enrolment form. This form gathers all necessary details required for your registration with the awarding organisation.

**03.**

### Access the VLE – Moodle

Start your course on our user-friendly Virtual Learning Environment (VLE). Here, you will find all learning materials, resources, and guidance required to support your studies. Your dedicated tutor will guide you through the process and provide feedback throughout your learning journey.

**04.**

### Submit Assignments & Receive Feedback

Engage in the learning process by submitting assignments through the VLE. Your assigned tutor will provide constructive feedback to help you refine your work and make progress in your studies.

**05.**

### Successfully Complete Assignments

Work diligently to complete all required course components and assessment tasks. Your commitment and effort will contribute to successful course completion.

**06.**

### Obtain Your Accredited Certificate

Upon successfully completing the course, your work will undergo internal quality assurance and external verification. Once approved, you will receive an Ofqual-regulated accredited certificate recognising your achievement.



## Course Brochure Takeaways

A nationally  
recognised  
Level 2  
qualification

Focus on  
mental health  
first aid and  
workplace  
advocacy

Flexible online,  
self-paced  
study

No exams or  
placement  
requirements

Strong  
foundation for  
progression into  
health, social care  
or workplace  
wellbeing  
pathways

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