



Mental Health in the Workplace

The need to understand Mental Health is becoming more prevalent at work and in the community.

Our entry level half day course provides a basic awareness for anyone wishing to understand mental health and dispel some of the misconceptions frequently linked to mental health difficulties.

It is a stepping stone to further study at Level 2 and 3, one day and two day respectively (please contact us for further information).

Our half day course is there to make awareness more accessible, by offering a quality course in a bitesize format.

The syllabus includes:

- Mental Health
- Recognising, support and discussions
- Sign posting
- Stress and Anxiety
- Mental Ill Health
- Phobias
- Depression
- Offering Support

Duration: Half Day

Entry Criteria: No prior qualifications required.

Certification: Mental Health in the Workplace level 1.

