

Qualsafe Level 3

Mental Health First Aid in the Workplace (RQF)

Introduction

The QA Level 3 Award in Mental Health First Aid in the Workplace (RQF) is a regulated and nationally recognised qualification that has been specifically designed for those who would like to raise their awareness of mental health, develop an understanding on how best to support, reassure and signpost colleagues to professional support. Candidates will develop the knowledge, skills and confidence to actively promote positive mental health within their workplace, making it an ideal qualification for mental health champions/first aiders, human resources, managers, supervisors and team leaders.

Course Duration

IHTC Ltd offer this course over 2 days.

Times

8.30am Start (Arrive 15 mins before for registration) & 5pm End

(No lunch provided, please bring your own, tea & coffee available)

Course Programme

Candidates will gain understanding in the following areas:

- Understanding mental health and its importance
- The roles and responsibilities for mental health in the workplace
- Importance of own wellbeing as a mental health first aider
- Common mental health conditions
- Promoting positive mental health first aid in the workplace
- How employers can provide support to employees in the workplace
- Procedures to support employees who are off work whilst experiencing poor mental health
- Types of support available both locally and nationally

Certification and Assessment

Assessment is by multiple-choice theory questions at the end of the course.
Successful delegates will receive a Qualsafe Awards Certificate valid for 3 years.

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