

## **Mental Health First Aid- RQF L2 Course Details**

Open and honest conversation around mental health is as important as ever. The Big Mental Health Report from Mind cited ending mental health stigma and discrimination as a major recommendation. The report found that since 2008 the public's understanding of and attitudes towards mental health in England have been showing signs of getting worse. This makes it even more important for employers to take a pro-active approach to supporting their employees' mental health.

Mental Health First Aid Training has been found to improve overall understanding around mental health issues and to increase employee confidence.

### **Mental Health First Aid – RQF Level 2 Accredited (1-Day Course)**

**Empower your teams with the knowledge and confidence to support mental wellbeing.**

Our **Mental Health First Aid course** is a fully accredited **RQF Level 2** qualification designed to equip individuals with the essential skills to recognise and respond to mental health challenges in the workplace, community, or everyday life.

#### **Course Highlights:**

- **One-Day Training** – Perfect for busy professionals and teams
- **Nationally Recognised Qualification** – RQF Level 2 accreditation
- **Trauma-Informed Approach** – Learn how to respond safely and empathetically
- **Expert Facilitators** – Delivered by experienced, compassionate trainers

#### **What You'll Learn:**

- How to identify early signs of common mental health conditions
- Understand the risk factors associated with mental illness
- What mental health first aid is and how to apply it
- How to approach and support someone in distress
- The importance of listening and communication skills
- When and how to refer someone to professional help
- How to foster a positive mental health and wellbeing culture in your workplace
- Ways to maintain your own mental wellbeing as a first aider



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### Who Should Attend?

This course is ideal for **employers, HR professionals, educators, community leaders**, or anyone who wants to promote a healthier, more supportive environment.