

Mental Health First Aid and Well-being Advocacy



Course Overview

Do you want to understand mental health first aid and how to care for those with mental ill health in a variety of settings? Are you planning a career that requires an understanding of mental ill health and is looking to qualify in this? If so the Level 2 Certificate in Mental Health First Aid and Well-being Advocacy is the course for you.

Mental Health First Aid is a growing phenomenon to help tackle the mental health crisis. 1 in 4 people will experience a mental health problem in any given year. This can range from common problems, such as depression and anxiety, to rare problems like schizophrenia and bipolar disorder.

What You Will Study

Unit 1: Understanding mental health and well-being

- Section 1: Understand mental health, well-being and advocacy
- Section 2: Understand factors which may contribute to mental ill-health
- Section 3: Understand legislation that supports mental health in the UK

Unit 2: Stigma and stereotypes that individuals with mental ill-health may face

- Section 1: Understand the stigma and stereotypes that individuals with mental health may face
- Section 2: Understand the impact of attitudes and perceptions of mental health for individuals and organisations

Unit 3: Safeguarding individuals who may experience mental ill-health

- Section 1: Understand how to safeguard individuals and the importance of a person-centred approach
- Section 2: Understand the importance of positive relationships
- Section 3: Understand the principles of online safety for safeguarding those who experience mental ill-health
- Section 4: Understand how to respond to concerns with safeguarding

Unit 4: The role and responsibilities of a mental health first aider

- Section 1: Understand the roles and responsibilities of a mental health first aider
- Section 2: Understand what to do when first responding to a mental health emergency
- Section 3: Understand health environments that promote well-being
- Section 4: Understand processes to follow when individuals face mental health crisis
- Section 5: Know the importance of having a wellness action plan

Unit 5: Mental health first aid in a workplace environment

- Section 1: Understand the fundamentals of mental health first aid in a workplace environment
- Section 2: Understand the types of mental ill health in individuals in a workplace environment
- Section 3: Understand actions to take when an individual is facing a mental health crisis

Attendance Expectations

No need to attend College, work from home at a pace that suits you.

START DATE

Available to enrol from August 2026

LEVEL

Level 2

STUDY MODE

Part-time

DURATION

12 weeks

AWARDING BODY

TQUK

LOCATION

Online Learning



For further information about this course, including Entry Requirements, Assessments and Further Study, scan the QR code.

Need More Information?

For additional course information please contact the Course Information Team on **01924 789111** or email courseinfo@heartofyorkshire.ac.uk.

To learn more about the Heart of Yorkshire Education Group, our facilities and how we can support you please visit our website www.heartofyorkshire.ac.uk.

Quick Links



How to Apply



Student Support



Virtual Tours



How You Will Be Assessed

The course is delivered via distance learning, supported by a range of interactive online resources. Work is assessed by the tutor throughout the programme from induction to completion.

Entry Requirements

There are no specific entry requirements however learners should have a minimum of Level 2 in English and Maths or equivalent.

Fee Information

Funding is available for this course subject to Post Code.

