



Qualsafe Level 1 Award in Introduction to Mental Health in the Workplace (RQF)



3 hour
course



Ofqual
regulated



We recommend learners
keep up to date with
current best practice



Course Overview

Raising awareness of poor mental health and breaking down stigma in the workplace.

Promoting good mental health inside and outside of the workplace is essential. It is particularly important as we understand more about how poor mental health can negatively affect our relationships and resilience to overcome challenges at in work and everyday life.

Qualsafe Level 1 Award in Introduction to Mental Health in the Workplace (RQF) is a regulated and nationally recognised qualification for people who wish to increase their understanding of mental health.

Learners will be introduced to mental health conditions such as depression and suicide and build an understanding of stress. They will be introduced to the use of appropriate language when supporting others and the importance of self-care to potentially improve their own mental health.

What's Covered?

- 🧠 Understanding mental health and its importance
- 🧠 Know a range of common mental health conditions including:
 - Signs of stress and helpful and unhelpful methods of managing stress
 - Signs and symptoms of depression
 - Suicide
- 🧠 Understanding the need for self-care and mindfulness
 - Why do we need a self-care plan?
 - The considerations for a self-care plan
 - What is mindfulness?
 - Testing our own well-being

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