

# Level 2 Award in Mental Health at Work

## Mental Health

## Fact Sheet



6-Hour Course

Course Code:

247/MH/2/002

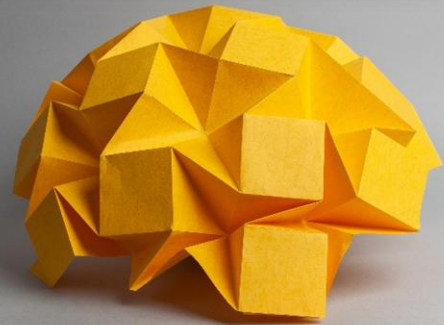
### WHO REQUIRES THIS QUALIFICATION?

*This qualification is aimed at employees. With an increase in poor mental health it is important that individuals understand their own mental health and how common mental health concerns can be identified in themselves and others; with strategies to reduce the risk. This qualification will give learners personal growth and engagement in learning.*

### Why 24/7 Safety Training?

*24/7 Safety Training is the leading provider of regulated compliance qualifications in the UK & Ireland, training thousands of learners every year.*

*We're extremely proud to be a recognised centre of excellence and offer industry-recognised qualifications that will enhance your career prospects*



### What does the qualification cover?

Topics include:

- ✓ Be aware of common mental health disorders
- ✓ Know how to recognise the causes and impact of stress
- ✓ Know how to recognise the causes and impact of common mental health conditions
- ✓ Understand how individuals may use harmful strategies to cope with a mental health disorder
- ✓ Know how to support an individual with a mental health issue

**BOOK  
NOW**

**Telephone:** +44 (0)117 463 2307

**Email:** [info@247safetytraining.co.uk](mailto:info@247safetytraining.co.uk)