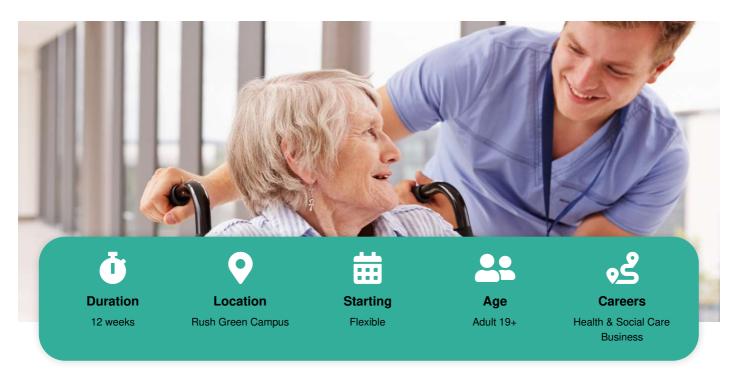


## Level 2

# NCFE/CACHE Understanding Mental Health First Aid & Mental Health Advocacy in the Workplace

#### **NCFE/CACHE Certificate**



#### Course fees per year

ADULT 19+
FREE

The above fees include tuition and exam fees. Contact us to discuss what Financial support is available.

#### **Overview**

According to recent reports, over 12 million working days were lost due to work-related stress, depression or anxiety in just one year.

If you're currently employed and want to increase your understanding of mental health amongst staff at all levels, then this is a great way to build your knowledge.

This course is delivered entirely online and can be studied at a pace that suits you.

# What you'll learn



On this course you'll:

- · explore mental health
- understand how to support individuals with mental ill health
- · understand a mentally healthy environment

### **Entry requirements**

This Level 2 course is free if you:

- currently live in England
- are aged 19+
- have been a resident in the UK/EU for 3+ years
- are not be on an apprenticeship

#### What this course leads to

On successful completion of this course, you'll have earned a NCFE CACHE Level 2 certificate which could also help you progress your career, or enter a new sector – whilst giving you the tools you need to support colleagues with their mental health in the workplace.

We offer a range of online courses for adult learners. See the fullrange of courses here.

Visit this course on our website: <a href="https://barkingdagenhamcollege.ac.uk/find/courses/0000011315">https://barkingdagenhamcollege.ac.uk/find/courses/0000011315</a>

For further information please contact the college: <a href="https://barkingdagenhamcollege.ac.uk/contact">https://barkingdagenhamcollege.ac.uk/contact</a>