







Level 2

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

NCFE/CACHE Certificate



				
Duration	Location	Starting	Age	Careers
12 weeks	Rush Green Campus	Flexible	Adult 19+	Health & Social Care Business

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 full [range of courses here](#).

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

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