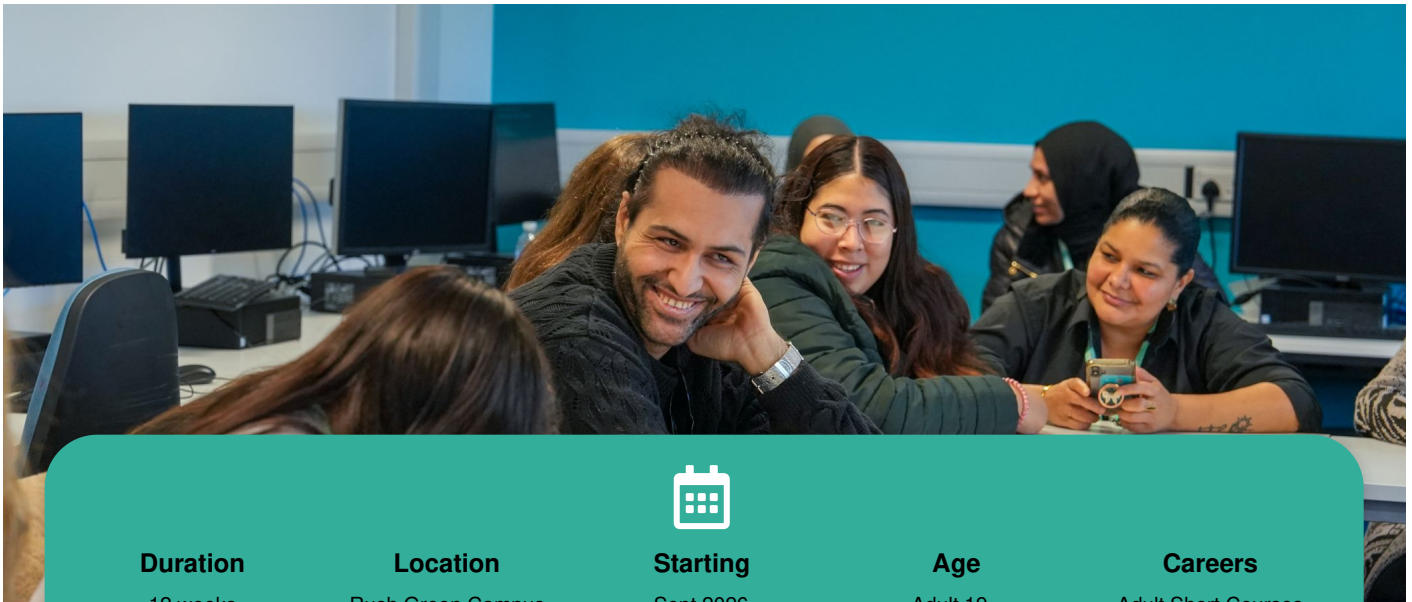


## Level 2

# Understanding Mental Health First Aid and Mental Health Advocacy in The Workplace

**Duration**

12 weeks

**Location**

Rush Green Campus

**Starting**

Sept 2026

**Age**

Adult 19+

**Careers**

Adult Short Courses

**Course fees per year**

ADULT 19+

**£424**

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

## Overview

This course is designed to help you develop the skills and knowledge needed to support colleagues with mental health problems.

You will learn about common mental health conditions, the principles of mental health first aid, and how to create a supportive and healthy workplace environment.

## What you'll learn

As part of this qualification, you will:

- Explore mental health and its impact
- Learn how to support individuals experiencing mental ill health
- Understand how to create and maintain a mentally healthy workplace

## Assessments / Exams

You will be assessed through a portfolio of evidence.

## Entry requirements

Applicants should have a minimum Level 1 qualification in Literacy.

## What this course leads to

On completion of this course, you will be able to progress onto further qualifications in a similar subject area, at a higher level.

Visit this course on our website: <https://barkingdagenhamcollege.ac.uk/find/courses/0000012441>

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