

Mental Health First Aid and Mental Health Advocacy in the Workplace Level 2 - NLaG Staff Only

Course Description

THIS COURSE IS ONLY AVAILABLE FOR NLaG STAFF

Please note following your application, Katherine Bosanquet - Training and Apprenticeship Manager, will allocate and confirm your place.

NCFE Level 2 Certificate in Mental Health First Aid and Mental Health Advocacy in the Workplace

Content and overview:

This fully funded nationally recognised qualification helps you develop the knowledge and confidence to support positive mental health and wellbeing in the workplace. You'll learn how to identify potential mental health issues, offer initial help, and guide colleagues towards appropriate professional support.

The course is made up of three units, and you will need to complete three written assignments accessed through Google Classroom in addition to the planned sessions to successfully achieve the qualification.

- Unit 1: Exploring mental health
- Unit 2: Understand how to support individuals with mental ill health
- Unit 3: Understand a mentally healthy environment

Suitable for:

This course is ideal for staff across all departments who wish to:

- Improve their understanding of mental health
- Support colleagues more effectively
- Promote wellbeing within their teams

You will learn:

- What mental health is, and the factors that can effect wellbeing
- How to recognise and respond to signs of poor mental health
- The role of a Mental Health First Aider or Health and Wellbeing Ambassador
- Characteristics of professional communication, relationships, person-centred approach
- Mental health legislation, policy and best practice
- Promote a culture of care and reducing stigma in the workplace

Delivery method:

Independent study with online learning support via Google Classroom. In addition there are 2 planned face to face sessions, which you must attend to successfully achieve this qualification.

Venues and dates:

New Beacon House, Scunthorpe

18.09.2026 and 25.09.2026

02.10.2026 and 09.10.2026

Diana Princess of Wales Hospital, Grimsby

08.10.2026 and 16.10.2026

All course materials will be accessed on Google Classroom. You will complete three written assignments at a time convenient to you to meet the deadlines. You will also be expected to complete an Individual Learning Plan (ILP).

DISCLAIMER: When applying for this course, you must provide evidence to confirm eligibility for funding, proof of ID and full address. Applying for a course does not mean you are automatically enrolled. You must be 19+ on 31 August 2026 and a UK resident.

Our dedicated team will be happy to help – just call us on 01724 297146 or contact using this link:-

<https://northlincsadulteducation.co.uk/contact>