

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

Course Name	Start Date	End Date	Site	Total Fees
GHC - Mental Health First Aid and Mental Health Advocacy in the Workplace Level 2 - Normanby Gateway - 07.09.26	07/09/2026		Normanby Gateway	65.00

Course Description

THIS COURSE IS ONLY AVAILABLE FOR GOODWIN HEALTH CARE STAFF

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

Content and overview:

<https://northlincsadulteducation.co.uk/contact/> 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 2: Understand how to support individuals with mental ill health
- Unit 3: Understand a mentally healthy environment

Unit 1: Exploring mental health

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 4 half day planned face to face sessions which you must attend to successfully achieve this qualification

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You must attend all sessions, as detailed below:

Monday 7th September - 13:00 - 16:00

Tuesday 15th September - 09:00 - 12:00

Monday 21st September - 13:00 - 16:00

Tuesday 29th September - 09:00 - 12:00

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:

You must be 19+ on 31 August 2026. You must also be resident in the Greater Lincolnshire County Council Area (GLCCA) on the first day of learning.

When applying for this course, you must provide evidence to confirm eligibility for funding, this includes proof of ID and proof of address. In addition, we will also require evidence if your income and or benefits, is £26,800 gross or below.

If you have not attached the evidence to your application, please provide using one of the following methods:

- In person - please bring to the Business Admin office (F09) at Ashby Community Hub
- Email - the evidence to nlacl.enquiries@northlincs.gov.uk

The business admin team will contact you if any other eligibility requirements are required, based on your individual application. Please note applying for a course does not mean you are automatically offered a place on the course.

If you need further assistance or have any questions, please contact our dedicated team will be happy to help – just call us on 01724 297146 or contact us on