

## Level 2

# Mental Health First Aid & Advocacy in the Workplace

This qualification provides essential knowledge and skills needed for working in administrative roles. It covers organisational principles, communication, and professional development. Ideal for those looking to work in office-based environments or progress into business-related studies.

### WHAT TO EXPECT

## Unit Breakdown

Unit	Mandatory Units
1	Introduction to mental health and well-being
2	Understand mental health first aid principles
3	Providing support and signposting
4	Understanding advocacy and promoting positive mental health in the workplace



#### Units

3-4 Units



#### Session Time

Weekly 2.5 hour sessions



#### Start Date

Please contact our team



#### Location

Online Tutor-Led Delivery



#### Duration

6-8 Weeks

## How is it delivered



IAG SESSIONS TO ENSURE THE COURSE MEETS YOUR GOALS



FLEXIBLE WEEKLY SESSIONS VIA TEAMS WITH YOUR TUTOR AND CLASSMATES



INTERACTIVE LEARNING ACTIVITIES TO CONSOLIDATE KNOWLEDGE AND BUILD CONFIDENCE



ASSESSMENT AND FEEDBACK THROUGHOUT THE COURSE



1-TO-1 TUTORIALS AVAILABLE AS NEEDED



EXIT REVIEW WITH GUIDANCE ON NEXT STEPS AND PROGRESSION

## WHAT NEXT

# Relevant Sectors



Health & Social  
Care



Education



Business



Education



Public  
Sector



HR

## WHAT NEXT

# Progression

Learners who achieve this Level 1 qualification could progress to:

- Level 2/3 Mental Health qualifications
- Level 3 Counselling Skills
- Other progression routes available

## GET IN TOUCH

# Find Out More

Get in touch with us to find out more:



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TRAINING PROVISION