

Level 2

Mental Health First Aid & Advocacy in the Workplace



What is it?

Qualification Overview

A Level 2 Mental Health First Aid (MHFA) course gives learners the knowledge and confidence to recognise common mental health concerns, understand how they may affect individuals and provide appropriate initial support. Learners will explore the importance of active listening, effective communication and knowing when and how to guide someone towards professional help. The course also promotes positive wellbeing, reduces stigma and encourages supportive conversations. It is ideal for anyone who wants to support mental health and create a more understanding environment within the workplace or wider community.

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

How Is It Delivered

Learner Journey



**IAG Sessions
Tailored to
Your Goals.**



**1-2-1 Skills
Coach Support**



**Interactive
Sessions**



**Assessments
& Feedback**

**Feedback &
Reflection**

Where Could It Take You? Relevant Job Sectors



**Health & Social
Care**



Business



Education



**Public
Sector**



Retail



Voluntary

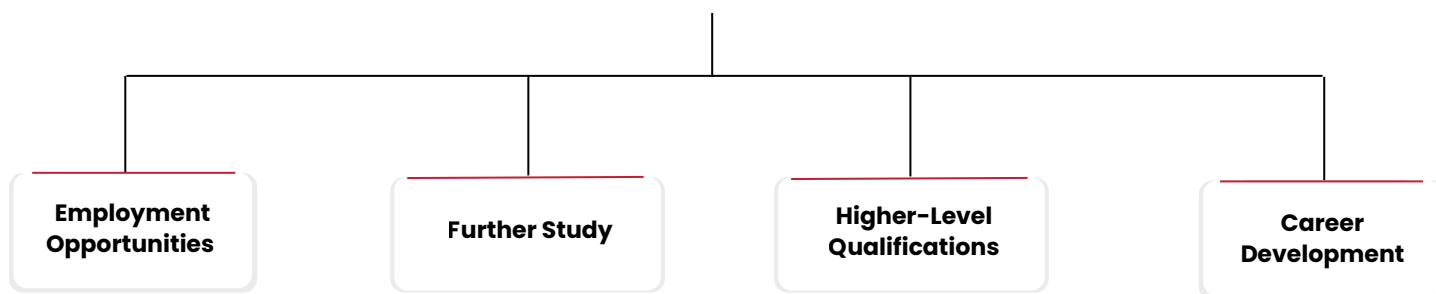
Your Next Steps

Progression & Career Support

Throughout the course, our team will work with you to understand your goals and identify the progression route that is right for you. You'll receive guidance on employment opportunities, further study and advanced qualifications, helping you build confidence and take your next step towards a career in a related sector.

Explore Your Options

How You Can Progress



Get In Touch

Find Out More



www.total-tp.com



Paul.Haigh@total-tp.com
Toni.Moment@total-tp.com



07711 491747
07736 945959