

# Course Information Sheet

QNUK Level 1 Award in Mental Health Awareness (RQF)  
1/2 day (4hr) course



## Overview

In any one year 1 in 4 people will suffer from a mental health issue, and in any one week 1 in 6 employees will report a work-related mental health concern. This course will provide you with an understanding of some of the most common mental health disorders, what causes them, how to spot someone suffering from them and the various ways in which help and support can be accessed from specialist services. Your knowledge will enable you to help and support your family, friends or colleagues, as well as learn tips and techniques for looking after your own mental health and wellbeing. Employers will also find benefit in providing this knowledge to employees to enable them to support the mental health of their colleagues as well as their own wellbeing, leading to lower absenteeism and staff turnover, better productivity, staff loyalty and a happier and more motivated workforce.

## Course Content

- ⊖ Stress—signs and symptoms, impact of stress, risk factors, strategies for dealing with high stress levels
- ⊖ Signs and symptoms of common mental health issues:
  - ⊖ Anxiety
  - ⊖ Depression
  - ⊖ Obsessive Compulsive Disorder (OCD)
  - ⊖ Post Traumatic Stress Disorder (PTSD)
- ⊖ Impact of mental health conditions
- ⊖ Ways to improve mental health and wellbeing
- ⊖ Sources of information and support for mental health issues

*"Carolyn was fab! The way the course was delivered was perfect."*

*Catheryn Kelly  
Exe Training*

## Qualification Assessment

To obtain the qualification delegates are required to:

- ⌘ attend the full 4hrs of the course; and
- ⌘ Obtain a minimum of 11/15 on the multiple choice assessment at the end of the course

NB this course can be undertaken as CPD without formal accreditation which removes the need to complete the multiple choice assessment.

## Who is the course suitable for?


- ⌘ Anyone with an interest (personal or professional) in mental health and wellbeing
- ⌘ All employees within organisations

## Accreditation

Winterbury Training is an Accredited Training Centre with Qualifications Network UK (QNUK). This nationally recognised qualification is regulated by Ofqual and fully accredited by QNUK.

## Why book with Winterbury Training?

- ⌘ Fully qualified trainer with extensive experience in education & childcare settings & clinical experience as a Community First Responder & ambulance crew with the NHS
- ⌘ Practical activities & tasks to ensure learning is engaging & memorable and caters for all learning styles
- ⌘ Plenty of opportunity for discussion
- ⌘ Nationally recognised qualification (fully regulated by Ofqual) with lifetime validity
- ⌘ Our delegate feedback is outstanding:
  - ⌘ 99.4% rated teaching ability 5/5
  - ⌘ 97.6% rated how much they learned 5/5
  - ⌘ 100% of delegates would recommend us
- ⌘ Full courses available in a virtual format (please enquire)
- ⌘ No VAT payable on our course fees



*"It is during our darkest moments that we must focus to see the light."*

*Aristotle Onassis*

**For more information, to book a course at your school, setting or business or to book places on an open course, contact us:**

**Email: [info@winterburytraining.co.uk](mailto:info@winterburytraining.co.uk)**

**Tel: 07584 732119**

**Open course dates and venues can be found on our website:**

**[www.winterburytraining.co.uk](http://www.winterburytraining.co.uk)**