

Course Information Sheet

QNUK Level 3 Award in Mental Health at Work (RQF)
2 day (12hr) 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. In addition to the content on the Level 2 course we will look at psychosis, personality disorders, supporting people with suicidal tendencies, developing further in skills in conducting conversations about mental health concerns and employers' and moral responsibilities in relation to the mental health of their workforce.

Course Content

- ⌘ Signs and symptoms of common mental health issues:
 - ⌘ Anxiety, Depression, Obsessive Compulsive Disorder (OCD)
 - ⌘ Post Traumatic Stress Disorder (PTSD)
 - ⌘ Personality Disorders
 - ⌘ Psychosis
- ⌘ Stress—signs and symptoms, impact of stress, risk factors, strategies for dealing with high stress levels
- ⌘ Legal and moral responsibilities of employers
- ⌘ Impact of mental health conditions
- ⌘ Ways to improve mental health and wellbeing
- ⌘ Supporting people with suicidal thoughts & harmful coping strategies
- ⌘ Conducting tricky conversations about mental ill health
- ⌘ Sources of information and support for mental health issues

This course can be delivered virtually. Please enquire for further information.

Qualification Assessment

To obtain the qualification delegates are required to:

- ⌘ attend the full 12hrs of the course (which can be delivered virtually);
- ⌘ conduct an observed supportive mental health conversation; and
- ⌘ In person courses—obtain at least 49/70 on the short answer paper at the end of the course
- ⌘ Virtually delivered courses—completion of a workbook after the course

NB this course can be undertaken as CPD without formal accreditation which removes the need to complete the workbook and observed conversation



Who is the course suitable for?

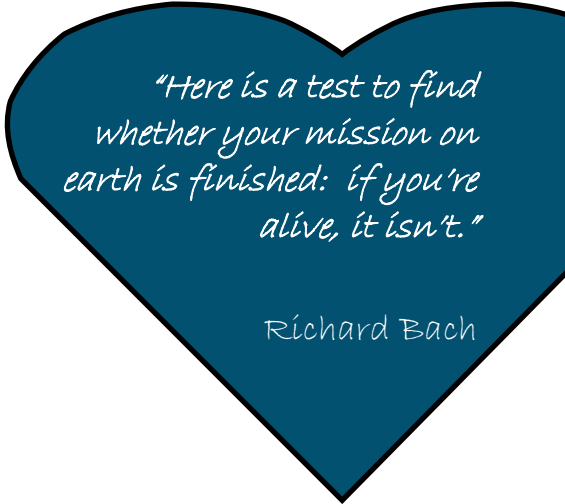
- ⌘ Anyone with an interest (personal or professional) in mental health and wellbeing
- ⌘ All employees within organisations, especially those who line manage employees or provide peer support and those who line manage mental health first aiders

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



"Here is a test to find whether your mission on earth is finished: if you're alive, it isn't."

Richard Bach

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

Tel: 07584 732119

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

www.winterburytraining.co.uk