



Qualsafe Introduction to

# Mental Health in the Workplace (Level 1 RQF)



½ day course



Ofqual regulated



We recommend learners keep up to date with current best practice

## Course Overview

### **Raising awareness of poor Mental Health and breaking down stigma in the workplace**

Promoting good mental health inside and outside of the workplace is essential. It is particularly important as we understand more about how poor mental health can negatively affect our relationships and resilience to overcome challenges at in work and everyday life.

More and more people are looking to learn the basic tools to recognise those experiencing poor mental health whilst recognising that self-care can be a tool to potentially improve mental health.

**Qualsafe Introduction to Mental Health in the Workplace (Level 1 RQF)** is a regulated and nationally recognised qualification for people who wish to raise their awareness of mental health and improve their mindfulness in work and everyday life.

Learners will be introduced to Mental Health conditions such as depression and suicide and build an understanding of stress. They will be introduced to the use of appropriate language when supporting others and the importance of self-care to potentially improve their own Mental Health.

## What's Covered?

- 🧠 Understanding Mental Health and its importance
- 🧠 Know a range of common Mental Health conditions including:
  - o Signs of stress and helpful and unhelpful methods of managing stress
  - o Signs and symptoms of depression
  - o Suicide
- 🧠 Understanding the need for self-care and mindfulness
  - o Why do we need a self-care plan?
  - o The considerations for a self-care plan
  - o What is mindfulness?
  - o Testing our own well-being

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