Level 2 Certificate in Understanding Mental Health First Aid and Advocacy in the Workplace (Online)

Dates: 01/08/2026
Locations: Online

The course has a duration of 12 weeks and it's purpose is to give learners the skills to support colleagues with mental health problems. These skills will be gained by increasing the learner's knowledge and understanding of mental health conditions and the principles of mental health first aid and how this can be implemented in the workplace. Learners are advised that certain course materials may contain sensitive content that some individuals could find distressing or triggering.

Entry Requirements

In order to undertake this course, you must have English at Level 1. You will need to know how to use an electrical device such as; a computer, laptop or tablet due to the delivery of the course being all online.

What topics does the course cover?

To be awarded the Level 2 Certificate in Understanding Mental Health First Aid and Mental Health Advocacy in the Workplace, learners are required to successfully complete 3 mandatory units:

Unit 1 Exploring mental health
Unit 2 Understand how to support individuals with Mental ill Health
Unit 3 Understand a mentally healthy environment

How will I be taught and assessed?

You will be provided with online learning materials which covers all aspects of your course and you will be required to complete assessments for each of the units within the course and submit these by the deadline dates provided at induction. You will be

allocated an assessor at the start of your course, and they will support you to ensure you have a successful outcome. IT skills will be developed throughout your course and basic English skills will be assessed and discussed on an ongoing basis.

Are there any other costs or equipment I need to get?

The course is free if you meet the eligibility criteria. In order to be eligible for funding, you must be ordinarily resident in England and be aged 19 or older on 31 August 2026. You will need internet access so that you can respond to email and a digital device that will enable you to type your answers into a web-based platform.

By the end of the course what should I be able to do?

On successful completion of this course you will gain a Level 2 Certificate in Understanding Mental Health First Aid and Mental Health Advocacy in the Workplace

What are the progression opportunities following this course?

If you are interested in progressing to further study at the next level of vocational learning, the following qualifications are available :

Level 2 and 3 Certificate in Preparing to Work in Adult Social Care

Level 2 Award in Awareness of Dementia

Level 2 and 3 Certificate for Working in the Health Sector

Workers within a wide range of public service roles will interact with those with mental health issues and support needs in their day-to-day work across a number of sectors. This qualification may be useful to learners studying qualifications in the following sector(s)/area(s): • customer service

• housing

• voluntary sector

• sport and recreation

• hospitality

• travel and tourism