

Understanding Mental Health First Aid and Mental Health Advocacy in the Workplace



**Level 2
Certificate**

Raise awareness of mental health, creating a culture of care and the promotion of positive mental health on this FREE course with Learning & Skills Darlington. This qualification allows you to understand mental health, its associated care and how this can be applied to those in your workplace.

Topics include:

- Exploring mental health
- Understand how to support individuals with mental ill health
- Understand a mental healthy environment

Starting Tuesday 14 February 2023, 1.30pm - 5pm at the Coleridge Centre

The course is accessed online with dedicated tutor support but also consists of four mandatory classroom based sessions

For course specific details and to apply visit:

www.darlington.gov.uk/learningandskills

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