



OBT

OBT Course Outline

LEVEL 2 AWARD IN MENTAL HEALTH AWARENESS IN THE WORKPLACE

Main Aims and Key Benefits:	<p>It is becoming increasingly important for all employees to have an awareness of mental health issues and to understand how to support and promote positive mental wellbeing in the workplace.</p> <p>This course teaches learners about mental health in the workplace, and empowers people to offer support.</p>
Course Content:	<ul style="list-style-type: none">▪ Define 'mental health'▪ Identify and explain mental health facts and fiction▪ Understand key legislation relating to mental health▪ Identify common signs and symptoms▪ Understand some common mental health disorders▪ Recognise common attitudes towards mental ill-health and the impacts these can have▪ Know how to support people and offer advice
Training Methods:	<ul style="list-style-type: none">▪ Presentations▪ Group discussions
Who will benefit:	All employees
Duration:	3 hours
Certification:	First Response Training
Training Provider:	First Response Training