

# Sport

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

### In Brief

#### Start Date / Duration

This course will commence from September 2024. It is expected to take 12 weeks to complete and can be started at any time throughout the academic year.

#### Entry Requirements

You must be aged 19 years or over as at the start of the academic year (31 August).

#### You will achieve

You will achieve Level 2 Certificate in Mental Health First Aid and Mental Health Advocacy in the Workplace.

### Course Overview

Around 450 million people currently experience mental health problems. Recent reports suggest that over 12 million working days were lost due to work-related stress, depression or anxiety in just one year. It's important that employers are transparent and open about mental health issues. Increasing the understanding of mental health among staff at all levels builds a culture of care and support. In this fully online course, you'll build an understanding of mental health problems and the support available in the workplace. You will learn how to support individuals with their mental health, as well as what a mentally healthy environment is like.

### Course Content

You will study the following modules

- Exploring mental health and mental ill-health
- Recognise factors that contribute towards mental ill-health
- Understand how to support individuals with mental ill-health
- Learn about responsibility of yourself and others
- Understand mentally healthy environment
- Identify how to create a wellness action plan

## How will I be assessed?

Units are assessed by online; reflective reviews or short answer questions.

## What Equipment Will I Need?

You will require the use of a laptop or PC with internet connection.

## Where will I study?

You will study at home. There is no College attendance required.

## What can I do next?

## How much does the course cost?

The course cost is £360. Funding may be available.

## 19+ Students

Aged 19 or over and thinking about further education? You may be eligible for free or reduced course fees. Please refer to our page ['paying for your course.'](#)

## Extra information

### Join the Sports Village

We have a state-of-the-art fitness village, Honeywell Sports Village [<https://www.barnsley.ac.uk/shops-services/honeywell-sports-village/>] where students can make use of our fitness suite, spinning studio and classes for competitive rates.

### Eligibility for Funding

Part-time courses are only available for learners who are 19 years old and above. You may not have to pay for this course if you are employed but earn below £23,400 a year, or if you are unemployed and receive Job Seekers Allowance, Employment and Support Allowance or Universal Credit. You will need to provide evidence of your eligibility which will be checked at enrolment.

This course is funded by *South Yorkshire Mayoral Combined Authority (SYMCA) and/or West Yorkshire Combined Authority (WYCA)*. You must be living in the South or West Yorkshire regions to qualify for funding.

### Contact the Information Unit

For further information please contact our friendly Information Team on +44 (0)1226 216 123 or email [info@barnsley.ac.uk](mailto:info@barnsley.ac.uk) [<mailto:info@barnsley.ac.uk>]

### Disclaimer

Please note we reserve the right to change details without notice. We apologise for any inconvenience this may cause.

**Last updated:** 5th August 2024

## **Want to apply?**

Visit <https://www.barnsley.ac.uk/apply> to get started

Call us on **01226 216 123**