

ACCELERATE

CHESHIRE AND WARRINGTON

Mental Health Awareness Courses

Below you will find courses about mental health awareness from our fantastic training provider, Dynamic Enterprises Ltd.

Funding options available:

- If you work live or work in Cheshire and Warrington for a business with less than 50 employees you can access any of the courses below and they will be fully funded by Accelerate and the Cheshire and Warrington Local Enterprise Partnership.
- If you live or work in Cheshire and Warrington for a business with over 50 employees, 40% of the cost of the courses below will be covered by Accelerate.

If you are interested in any of the below courses and would like to find out more, please get in touch by emailing – acceleratecandw@chester.ac.uk

Level 2 Award Introduction to Mental Health First Aid

Understand what mental health is, basic knowledge of some mental health issues, looking after your own mental health and challenging stigma.

Topics covered in this course –

- Understanding mental health issues
- Stress management & understanding support available

Skills provider - Dynamic Enterprises Ltd

Course length – 12 hours and assessment

Delivery method – online including online assessment

Target group – Interested participants and Line Managers



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Level 2 Award in Introduction to Mental Health Awareness

Develop knowledge & understanding of mental health issues.

Topics covered in this course -

- Outline of common conditions
- Practical tips and guidance

Skills provider - Dynamic Enterprises Ltd

Awarding body – Highfield (RQF)

Course length – 4 hours and assessment

Delivery method – online including online assessment

Target group – Interested participants and Line Managers



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