

# Highfield Level 3 Award in Understanding Mental Health in the Workplace for Managers (RQF)

## Who is this qualification for?

The manager's role is to lead, mentor and support an employee to proactively engage in their employment, contributing to the growth of an organisation and working in a way that supports the individual's own growth as well as the organisation's objectives and values. The management role involves supporting employees who may present with mental ill health in the workplace and this qualification provides an understanding of the basic principles relating to supporting mental health in the workplace and promoting a positive, 'wellness at work' culture. This qualification can be taken by learners preparing to enter employment or by those who are already in employment.

## Assessment Method

This qualification is assessed by 2 multiple-choice examinations, which will be marked by Highfield.

## How long will it take?

The total qualification time (TQT) for this qualification is 15 hours and of this 10 are recommended as guided learning hours (GLH).

### Mandatory group

Learners must achieve:

Unit reference	Unit title	Level	GLH	Credit
K/617/8367	Introduction to mental health, mental ill health and wellbeing	2	4	1
M/617/8368	Mental health in the workplace for managers	3	6	1

**Learners must complete all units contained within the mandatory group.**



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