



3Spirit  
Training



# NCFE Level 3 Certificate in Understanding Mental Health

Experts in  
Care





**Focused on People**



70+ short courses  
across 7 primary  
areas alongside  
Level 2 – Level 5  
apprenticeships

# About us

3Spirit is a Skills for Care Centre of Excellence established in 2012 with a strong history of working with employers to deliver the skills to drive innovative, compassionate care and support services.

We work with local authorities, hospitals, care providers, housing organisations, and services from across the private, voluntary, and independent sectors. Our clients strive to achieve “outstanding” and to equip businesses and employees with the skills, knowledge and qualifications for sustainability, growth, and resilience in the face of major incidents.

**Our driving force is to impact the communities that we work with to improve quality of life.**



# PROGRAMME OVERVIEW

## Enhance Your Understanding of Mental Health.

Mental health is critical to overall well-being, and understanding it is essential in all areas of life and work. Our Certificate in Understanding Mental Health will help you gain the knowledge to support individuals experiencing mental health challenges and promote positive mental health in your community or workplace.

## Why Choose This Programme?

**Remote learning:** Study at your own pace with flexible study schedules.

**Fully Funded:** This course is funded through the Adult Skills Fund (ASF), making it free for eligible learners.

**Fast Completion:** Complete your certification in a few short months and make a positive impact.

**Nationally Recognised Qualification:** Earn a widely respected Certificate in Mental Health from a trusted educational provider.





# COURSE CRITERIA

- Anyone working in health, social care, or education who wants to enhance their understanding of mental health.
- Employers and HR professionals seeking to promote mental well-being in the workplace.
- Family members and caregivers of individuals experiencing mental health issues.
- Individuals interested in supporting mental health awareness and advocacy in their community.
- **Open to learners aged 19+** and eligible for ASF funding.
- **Delivered 100% online** with full tutor support and access to learning materials.

## What you will learn:

01

Key concepts and issues in mental health.

02

Understanding mental health disorders and their symptoms.

03

How to support individuals experiencing mental health challenges.

04

The role of mental health in everyday life and the workplace.

05

Strategies for promoting positive mental health and well-being.



# OUR TEAM

Balanced leadership team which blend specialist Care expertise with technical education and training experience, alongside strong governance and operational excellence.

Supported by an exceptional delivery, training and operational team of professionals that embody 3Spirit's values and dedication to providing industry leading support to the Care sector.



**Joe Turner**

Chief Executive Officer



**Jo Emmerson**

Head of Funded Pathways



**Talon Golding**

Non-Exec Chairman



**Deborah Reading**

Head of Impact Services



**Georgia Whitehouse**

Head of Partnerships

# Please get in contact to book a Programme or to discuss your training needs



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