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 Refresh your career or learn a new skill with one of our vibrant short courses!

Certificate in Awareness of Mental Health Problems

Level 2 NCFE/CACHE

Mental health concerns how we think, feel and behave and mental health problems can affect anyone. In fact, as many as one in four people in the UK will be diagnosed with a mental health issue at some point in their lives. This figure indicates that most people will have first-hand experience of mental distress, whether it be themselves or someone they know.

Mental distress takes many forms. This qualification aims to broaden learners' knowledge of mental ill-health and the most commonly diagnosed mental health conditions. Learners will develop an awareness of the signs and symptoms of these conditions and how they may affect people's day-to-day lives. Learners will also gain an insight into how these conditions can be successfully managed. The qualification is currently designated as a target-bearing full Level 2 qualification and is mapped to the Skills for Health National Occupational Standards and the knowledge set for dementia from Skills for Care. Consequently, employers can be assured that staff who complete this programme are meeting industry standards.

Course content:

The Level 2 Certificate in Awareness of Mental Health Problems comprises four concise module workbooks which combine the following units:

MODULE A: *Understanding mental health (Credit value: 4) (Y/506/2880)*

MODULE B: *Understanding stress (Credit value: 1) (H/506/2882), Understanding anxiety (Credit value: 1) (M/506/2884), Understanding phobias (Credit value: 1) (A/506/2886), Understanding obsessive compulsive disorder (Credit value: 1) (D/506/2900), Understanding post-traumatic stress disorder (Credit value: 1) (T/506/2904)*

MODULE C: *Understanding depression (Credit value: 1) (L/506/3105), Understanding post-natal depression (Credit value: 1) (L/506/2889)*

Understanding bipolar disorder (Credit value: 1) (F/506/2890)

MODULE D: *Understanding schizophrenia (Credit value: 1) (L/506/2892), Understanding dementia (Credit value: 1) (Y/506/2894), Understanding eating disorders (Credit value: 1) (D/506/2928), Understanding attention deficit hyperactivity disorder (Credit value: 1) (F/506/2937)*

Each unit contains activities and assessments designed to cover the specific learning outcomes.

Interested? Let's talk!

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