

Certificate in Awareness of Mental Health Problems

Level 2

Who is the course for?

The programme is designed for learners aged 16 and above, who are working in a range of settings within the public, private or voluntary sectors and who wish to raise their awareness of mental health.

What are the benefits of doing this course?

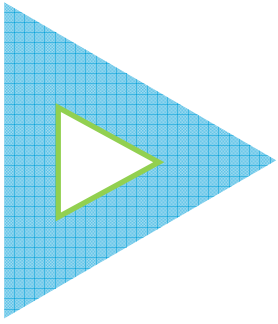
Mental distress takes many forms. This qualification aims to broaden learners' knowledge of mental ill-health and the most commonly diagnosed mental health conditions. Learners will develop an awareness of the signs and symptoms of these conditions and how they may affect people's day-to-day lives. Learners will also gain an insight into how these conditions can be successfully managed.

Course content

The Level 2 Certificate in Awareness of Mental Health Problems comprises Thirteen units across four module workbooks as follows:

- ▶ Understanding mental health
- ▶ Understanding stress
- ▶ Understanding anxiety
- ▶ Understanding phobias
- ▶ Understanding obsessive compulsive disorder
- ▶ Understanding post-traumatic stress disorder
- ▶ Understanding depression
- ▶ Understanding post-natal depression
- ▶ Understanding bipolar disorder
- ▶ Understanding schizophrenia
- ▶ Understanding dementia
- ▶ Understanding eating disorders
- ▶ Understanding attention deficit hyperactivity disorder





Progression opportunities

By undertaking this programme, candidates will be able to further their own continuous professional development, which may improve their career prospects.

Course delivery and assessment

The programme enables learners to complete the course in their own time, and all study material and resources are provided. Learners have access to a tutor and the programme is marked based on modular assessment. There is also the opportunity to work through a series of reflective activities designed to reinforce the learning.

Entry requirements

Learners should be aged 16 and over but otherwise there are no specific entry requirements for this programme.

For further information contact

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