

Course Information Sheet

Awareness of Mental Health problems Level 2 Certificate



Course Description:

Gain a comprehensive understanding of mental health conditions, their impact, and how to support yourself and others.

This **Awareness of Mental Health Problems** course equips you with the knowledge and skills to navigate the complexities of mental wellbeing. Over 20 weeks, you'll explore various mental health conditions, their signs and symptoms, and effective coping mechanisms. Develop the ability to recognise mental health issues in yourself and others, fostering a supportive and understanding environment. Learn communication strategies to have open conversations and explore resources available to provide help. This NCFE accredited course empowers you to become a mental health advocate and make a positive impact.

What will I learn?

- Introduction to Mental Health, Common Conditions (Anxiety, Depression)
- Understanding Stress, Strategies for Management
- Mental Health and Relationships, Communication Skills
- Self-care Practices, Building Resilience
- Mental Health Services and Support Networks

Who should join this course?

This course is designed for anyone interested in learning more about mental health. It's particularly valuable for those who:

- Want to improve their own mental wellbeing.
- Work in caring professions or have a responsibility for others' welfare.
- Have a personal interest in mental health advocacy.

Entry Requirements

Previous level 1 maths and English achievement or demonstrating the ability to work at these levels is recommended

Progression Opportunities:

This NCFE course provides a strong foundation for further study in mental health fields.

Consider progressing to:

- Level 3 Certificate/Diploma in Mental Health Awareness
- Level 3 Counselling Skills Courses
- Access programmes for Psychology Degrees

How do I enrol?

To apply for this course online at www.oucoursesouthwest.co.uk and simply click on the 'How to Enrol' button and complete the Enrolment Form and one of our customer service team will be in touch or call to speak to one of our friendly Learning Advisors on 01752 660713. You will be invited to undertake an initial assessment to ascertain your levels of English and maths prior to entry on this course of study.

How will the course be delivered?

This is an **E-Learning course** and is exclusively delivered via an online learning, self-study programme. You will be enrolled for an online learning platform and will work independently through the units and materials provided.

Will I need to practise outside the classroom?

This is an E-learning course, and your study pattern is self-managed. A commitment of 2 - 3 hours per week is suggested to enable successful completion of the course within the timescale of 20 weeks.

How will I know I'm making progress?

E-learning- You will receive regular feedback from an assessor following completion and submission of individual units.

What will I need?

E-learning- A laptop or desktop computer with internet access is required for completion of coursework and home learning

Please note:

Most courses attract a subsidy from the Education and Skills Funding Agency (ESFA). It is a requirement of the ESFA that you complete various forms at different stages of your course, further information is available on request. Courses are subject to a minimum number of enrolments and could be cancelled if recruitment is low. In some cases, an alternative class at a different location may be offered.

Terms and conditions are available at

<https://www.onsouthwest.co.uk/learner-information/essential-information-for-every-learner>

Room numbers are subject to change - please check when you arrive at the venue.

