

# Course Information Sheet

Children and Young People's Mental Health Level 2 Certificate



## Course Description:

Support young minds! This qualification equips you with the knowledge and skills to understand and support the mental health of children and young people.

Make a difference in the lives of young people! Develop a deeper understanding of children and young people's mental health by exploring common mental health conditions, risk factors, and strategies to promote positive mental well-being.

Key areas covered include:

- Introduction to child and young people's mental health, types of conditions, and prevalence.
- Exploring anxiety, depression, eating disorders, self-harm, and other common mental health issues.
- Understanding risk factors (bullying, trauma, social media) and protective factors (resilience, support networks).
- Learning communication skills for active listening and supporting young people in distress.
- Exploring mental health promotion strategies in schools and communities, and collaborative working practices.

## Who should join this course?

This course is ideal for:

- Teachers, teaching assistants, and childcare practitioners
- Youth workers, support workers, and counsellors
- Parents, carers, and anyone working with children and young people

### **Entry Requirements**

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

### **Progression Opportunities:**

This course can serve as a stepping stone to further qualifications in mental health, child development, or educational settings.

### **How do I enrol?**

To apply for this course online at [www.oucoursesouthwest.co.uk](http://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?**

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

### **What will I need?**

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.oucoursesouthwest.co.uk/learner-information/essential-information-for-every-learner>

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

