

Course Information Sheet

Level 1 Award in Mental Health Awareness



FP01E51A

[FP01E51A L1 Award in Mental health](#)

Venue 📍 Hyde Park House	Start Date	8 Nov 2024 10:30
	End Date	22 Nov 2024 12:30
	Fee	Full Fee £56 Concession £0
	Materials	NA

Course Description:

Gain foundational knowledge and understanding of mental health, its importance, and how to support those experiencing mental health issues.

Our Level 1 Award in Mental Health Awareness is a comprehensive course designed to provide participants with an essential understanding of mental health. Through engaging activities, discussions, and assessments, you will explore key concepts in mental health, develop skills to identify and support individuals facing mental health challenges, and understand the importance of mental well-being in various settings. This course is perfect for those seeking to enhance their knowledge and skills for personal development or professional growth.

What will I learn?

Introduction to Mental Health

- Definition and significance of mental health
- Common mental health conditions
- Stigma and Mental Health
- Understanding and challenging stigma
- Recognising Mental Health Issues
- Signs and symptoms of mental health conditions
- Risk factors and triggers
- Supporting Mental Health
- Effective communication and listening skills
- Basic support strategies
- Mental Health in the Workplace
- Promoting mental well-being
- Creating a supportive environment
- Resources and Further Support
- Identifying and utilising mental health resources

Who should join this course?

This course is ideal for:

- Professionals working in health, social care, and education sectors
- Support workers and counsellors
- Teachers and childcare practitioners
- Anyone wanting to understand the impact of mental health

Entry Requirements

There are no entry requirements for this course. This course is for anyone with an interest in mental health. People with some knowledge on this subject may join this course to develop their understanding

Progression Opportunities:

Upon completing this course, participants can pursue further education and training, such as:

- Level 2 Award in Mental Health Awareness
- Certificate in Understanding Mental Health First Aid and Mental Health Advocacy in the Workplace
- Diploma in Counselling Skills
- Advanced courses in psychology or social work

How do I enrol?

To apply for this course online at www.ourcoursesouthwest.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?

You will be working with your tutor and other learners face to face.

Will I need to practise outside the classroom?

You will be encouraged to review your notes between lessons to ensure maximum benefit from your course. It is always useful to practise your skills between sessions. Your tutor may encourage home learning, or independent research.

How will I know I'm making progress?

Your tutor will set objectives for the session and give feedback on how you are progressing. You will agree personal targets as part of your Individual Learning Plan (ILP), and you will review your targets and the start and end of the session.

What will I need?

Please bring a notepad and pen, and a file for your coursework and handouts.

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.

