

Mental Health Problems

Course Overview

The qualification provides learners with an appreciation and understanding of a number of different mental health issues that are increasingly prevalent in today's society.

Business Benefits

- Reduces risk of malpractice by understanding mental health legislation
- Increases understanding of symptoms and management of conditions
- Reinforces importance of understanding causes of illnesses such as depression
- Evidence of competency for external stakeholders
- Allows employees to gain relevant skills, knowledge and understanding

Course Duration

6 - 12 Weeks



success.



speed.



support.

What is the cost?

Due to the availability of government funding, this qualification is available at no cost. Funded places are limited so please book early to secure your place.

Learner Benefits

- Achieve a nationally recognised level 2 qualification
- Furthers personal and professional development
- No need to formally attend college
- Learn in your own time
- Access to sector-expert assessors throughout the course

Awarding Body

NCFE / CACHE / TQUK

Course Content

- Develop understanding and appreciation of mental health conditions
- Learn about signs, triggers and symptoms of mental health
- Understand how mental health affects an individual's ability to cope and function
- Examine guidance to potentially manage and support them with their illness

What you will learn

- Understanding Mental Health
- Understanding Stress
- Understanding Anxiety
- Understanding Phobias
- Understanding Depression
- Understanding Postnatal Depression
- Understanding Bipolar Disorder
- Understanding Schizophrenia
- Understanding Dementia
- Understanding Eating Disorders
- Understanding Attention Deficit Hyperactivity Disorder – ADHD
- Understanding Obsessive Compulsive Disorder – OCD
- Understanding Post-Traumatic Stress Disorder – PTSD

How is it delivered?

Alongside the learning materials, you will have the support of a knowledgeable assessor/tutor who will give you advice and guidance on the course content as well as providing robust feedback on the work you complete.

The course is usually delivered over a period of 6 to 12 weeks.

Successful completion of this course ensures that the learner has fully understood these important principles and evidences knowledge of the subject area.

Course Duration

6 - 12 Weeks

Awarding Body

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