

# Principles of the Mental Health Care Worker

## Course Overview

This qualification is aimed at anyone looking to develop their understanding of mental health and the role of the mental health care worker. This qualification covers the skills and knowledge needed to understand approaches to care and management in mental health, the duty of care, and the principles a mental health care worker is required to have.

## Business Benefits

- Gain a nationally recognised qualification
- Establish a long-standing career pathway within the health and social care sector
- This course is delivered via distance learning, allowing you to choose when and where you study
- Study will enhance both your personal skills and professional development



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

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### Course Duration

9 - 12 Weeks

### Awarding Body

NCFE / CACHE / TQUK

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## Course Content

### Unit 1: Mental Health and Mental Health Issues

Section 1: The concept of mental health

Section 2: Common types of mental health problems and illnesses

Section 3: The legislation and guidance that applies to those with mental health problems.

### Unit 2: Principles of the Mental Health Care Worker

Section 1: The different roles and responsibilities for working in mental health

Section 2: How continuous professional development improves own practice

Section 3: How own well-being improves practice

Section 4: The Mental Capacity Act 2005 when Working in Mental Health Care.

### Unit 3: Approaches to Care and Management in Mental Health

Section 1: The key features of the care planning process

Section 2: Aspects of good practice in the care planning process.

### Unit 4: Understand Duty of Care in Adult Health and Social Care

Section 1: What is meant by "duty of care"

Section 2: Dilemmas and conflicts relating to duty of care

Section 3: How to recognise and report unsafe practices

Section 4: The impact of own actions on individuals and others

Section 5: The importance of consent in health and social care practice.

### Unit 5: Understanding Change and Support in Relation to Mental Health

Section 1: How mental health change occurs

Section 2: The role of others in the individual's mental health change

Section 3: The treatment options available to manage mental health problems

Section 4: How to access information to support understanding of mental health issues.