

**FREE**

 **Awarding Body**  
NCFE / CACHE / TQUK

 **Course Duration**  
6 / 12 Weeks

# Mental Health Problems Level 2

## Course Overview

Welcome to the Mental Health Problems Level 2 course, this course has been designed to provide you with a comprehensive understanding of mental health conditions, including their signs, triggers, symptoms, and potential management and support strategies.

Mental health is a crucial aspect of overall health and well-being, and gaining knowledge and appreciation of mental health conditions is essential for anyone who wants to help themselves or others.

Throughout the course, you will learn about different types of mental health conditions, including anxiety disorders, mood disorders, personality disorders, and psychotic disorders.

You will also explore how mental health affects an individual's ability to cope and function, and examine guidance for managing and supporting individuals with mental illness.

By the end of this course, you will have a greater understanding of mental health, and be equipped with valuable tools to help individuals with mental health conditions.

## What is the cost?

As a result of government funding, this qualification is currently offered at no cost. However, please note that the number of funded places can be limited. To ensure you secure your spot, we recommend booking early.


## How do learners benefit?

Taking this course would benefit learners in many ways.

Firstly, it would provide learners with a comprehensive understanding of mental health conditions, including their signs, triggers, symptoms, and potential management and support strategies. This knowledge would enable them to identify and manage mental health conditions, both in themselves and in others.

Secondly, learners would gain a greater understanding of how mental health affects an individual's ability to cope and function, which would enable them to provide effective support and guidance to individuals with mental health conditions.

Overall, this course would equip learners with valuable tools and knowledge to support and manage mental health conditions, which would benefit both themselves and others.

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