



CITY AND ISLINGTON  
COLLEGE

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Westminster  
Kingsway College

The College of  
Haringey, Enfield  
and North East London



Capital  
City  
College  
Training

# Understanding Mental Health - Level 3 Certificate

This qualification will focus on the study of mental health and well-being to support different occupations.

The objectives of this qualification are to help learners to understand:

- Mental health legislation, services and public attitudes and how these have evolved
- How to support mental well-being through various stages of life
- Mental ill health, treatment options available and the potential consequences of mental ill health
- The skills required to work in a mental health service

## WHAT WILL I STUDY?

To be awarded the Understanding Mental Health - Level 3 Certificate, learners are required to successfully complete 5 mandatory units:

- Unit 01: Understanding the context of mental health and wellbeing
- Unit 02: Promotion of mental health and wellbeing
- Unit 03: Mental health problems: associated issues and consequences
- Unit 04: Understanding mental ill health
- Unit 05: Working in mental health

## WHAT WILL I NEED?

To enrol with us you must:

- Live in London or a non-devolved area of England
- Be aged 19 or over
- Be able to provide current proof of JSA, IS, UC or ESA or proof of salary. You will be contacted and asked to complete a short English assessment and enrolment, on-line or at the college
- Be able to provide a British or Irish Passport with three years' residency in the EU/EEA

or

Day: Any

Time: Online- Distance Learning

Duration: 5 Months

Venue: Online



- Have a European Union Settlement Scheme residence (EUSS) with three years' residency in the EU/EEA and UK and have lived in the UK prior to 31 December 2020

or

- Have a biometric residence card permitting study in the UK along with having lived in the UK for the at least the last three years

## HOW WILL I BE ASSESSED?

You will be required to complete the course assessment which is based on portfolios of evidence for each mandatory unit and one assignment for each chosen optional unit.

## WHAT CAN I DO AFTER?

Successful completion of this qualification will support progression into relevant employment within the health and social care sector.

Learners who achieve this qualification could progress to:

- Level 3 Award in Awareness of the Mental Capacity Act 2005
- Level 3 Certificate in Preparing to Work in Adult Social Care
- Level 3 Certificate in Working in the Health Sector

Day: Any

Time: Online- Distance Learning

Duration: 5 Months

Venue: Online

