



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 Children and Young Peoples Mental Health

Mental Health problems affect around 1 in 10 children and young people. These issues include depression, anxiety and conduct disorder and can often be a direct response to occurrences in their lives. Emotional well being is just as important as a child's mental health; therefore, it is important for those working with children and young people to have a good understanding of the concepts, risk factors and impact of mental health.

This qualification is suitable for anyone looking to increase their knowledge of children and young people's mental health.

You can enrol on our FREE distance learning courses from the comfort of your own home, with all workbooks and assessments available online with the help of your tutor who will be assigned to support you throughout your training. All you'll need is a computer (laptop or PC, Windows, or Mac), tablet and access to the internet.

Awarding body: NCFE/CACHE

Duration of course: 2-3 Months

Guided learning hours: 135

WHAT WILL I STUDY?

To be awarded the Level 2 Certificate in Understanding Children and Young People's Mental Health, learners are required to successfully complete 5 mandatory units:

- Unit 01 – Understand Children and Young People's Mental Health in Context
- Unit 02 – Understand Factors which may Affect Children and Young People's Mental Health
- Unit 03 – Understand Children and Young People's Mental Health Concerns
- Unit 04 – Understand the Impact of Children and Young People's Mental Health Concerns
- Unit 05 – Understand how to Support Children and Young People with Mental Health Concerns

WHAT WILL I NEED?

To enrol with us you must live in London or a non-devolved area of England and

- Be aged 19 or over

Time: This is an online course that you can work on at your own pace. You will be allocated a tutor to provide you with online guidance and support.

Duration: This course typically takes 2 - 3 months to complete

Venue: Online



- Be able to provide a British or Irish Passport with three years' residency in the EU/EEA or
- 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 and
- 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

If you have any further questions, or are unsure if you meet any of the eligibility criteria for a free course, please contact the Distance Learning Team: dl@capitalcct.ac.uk - 0207 963 4107

Register your interest and BOOK NOW!

WHAT WILL IT COST?

FREE – If you meet the eligibility criteria

WHAT CAN I DO AFTER?

The qualification can support progression to further sector-specific training and qualifications for the following types of roles:

- Care Assistant or Worker
- Personal Care Assistant
- Child Social Care Relief Team Worker
- Night Care Assistant
- Support Worker (supported living)
- Home Care Support Worker
- Re-Enablement Worker
- Healthcare Support Service Worker
- Clinical Healthcare Support Worker
- Healthcare Assistant
- Mental Health Support/Outreach Worker
- Health Education/Promotion Worker
- Counsellor
- Substance Misuse Worker
- Key Workers in Residential/Domiciliary/Day Care Settings

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