Mental Health Problems Awareness - Level 2 Certificate

Mental health presents one of the greatest challenges to our society. With an estimated 450 million people worldwide suffering from a mental health problem, around a quarter of British adults will experience some form of mental health problem. While many elements of mental health are still not understood, having a good knowledge of the information that is available is essential in the care sector.

This qualification is designed for anyone looking to develop their understanding of mental health and the problems that can cause mental ill-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: 160

WHAT WILL I STUDY?

To be awarded the Level 2 Certificate in Awareness of Mental Health Problems, learners are required to successfully complete 13 mandatory units:

- Unit 01 – Understanding Mental Health
- Unit 02 – Understanding stress
- Unit 03 – Understanding Anxiety
- Unit 04 – Understanding phobias
- Unit 05 – Understanding depression
- Unit 06 – Understanding post-natal depression
- Unit 07 – Understanding bipolar disorder
- Unit 08 – Understanding schizophrenia
- Unit 09 – Understanding dementia
- Unit 10 – Understanding eating disorders
- Unit 11 – Understanding attention-deficit hyperactivity disorder (ADHA)

Time: This in an online course that you can work on at your own pace. You will be allocate a tutor to provide you with online guidance and support.
Duration: This course typically take 2 - 3 months to complete
Venue: Online

- Unit 12 – Understanding obsessive-compulsive disorder (OCD)
- Unit 13 – Understanding post-traumatic stress disorder (PTSD)

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
- 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, online 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
- Adult 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
- Substance Misuse Worker
- Counsellor
- Health Education/Promotion Worker
- Substance Misuse Worker
- Key Workers in Residential/Domiciliary/Day Care Settings

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Ofsted Good Provider

Capital City College Group

www.capitalccg.ac.uk