



## Awareness of Mental Health Problems Level 2

The aim of this qualification is to develop their understanding of mental health and the causes of mental distress. The course offers an opportunity to increase awareness of mental health and a range of mental health problems.

### What knowledge will be gained?

This course develops an understanding of what is meant by mental health and mental ill health and explores the legislation that ensures high quality care can be provided. The course explores what each of these conditions might feel like, how they affect the individual as how they affect their family and friends as well as the ways in which these conditions can be managed.

### How is the course assessed?

You will receive an information pack and the resource to enable you to give written responses to questions in a work booklet, either handwritten or typed depending on your preference.

### What are the benefits?

- \*Achieve a nationally recognised Level 2 qualification
- \* Further your personal and professional development
- \*Increase your knowledge and awareness
- \*Gain positive working relationships
- \* Learn at a time that suits you without the need to attend college

### What will be studied?

The course is split into 13 units:

Each unit explores a specific mental health condition.

- Unit 1: Understanding mental health**
- Unit 2: Understanding stress**
- Unit 3: Understanding anxiety**
- Unit 4: Understanding phobias**
- Unit 5: Understanding depression**
- Unit 6: Understanding postnatal depression**
- Unit 7: Understanding bipolar disorder**
- Unit 8: Understanding schizophrenia**
- Unit 9: Understanding dementia**
- Unit 10: Understanding eating disorders**
- Unit 11: Understanding Attention Deficit Hyperactivity Disorder – ADHD**
- Unit 12: Understanding Obsessive Compulsive Disorder – OCD**
- Unit 13: Understanding Post-Traumatic Stress Disorder – PTSD**

### Who can apply?

Courses are funded for people who are aged 19 years or over, have lived in England for the past 3 years and who are not currently accessing any other government funded training.

This course would be ideal for anyone working with or looking to work with individuals with mental health conditions or who have an interest in learning more about mental health.

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