



## Understanding Children and Young People's Mental Health Level 2

The aim of this qualification is to develop their understanding children and young people's mental health in context, mental health problems commonly associated with children and young people, the impact of mental ill-health on children and young people and the support available to maintain mental wellbeing in children and young people.

### What knowledge will be gained?

This course develops an understanding of the concept of mental health, the risk factors which might affect the mental well-being of children and young people, specific mental health conditions that children and young people might experience, the impact mental health concerns can have on children and young people and how to promote mental well-being in children and young people.

### 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 5 units:

**Unit 1: Understand Children and Young People's Mental Health in Context**

**Unit 2: Understand Factors which may Affect Children and Young People's Mental Health**

**Unit 3: Understand Children and Young People's Mental Health Concerns**

**Unit 4: Understand the Impact of Children and Young People's Mental Health Concerns**

**Unit 5: Understand how to Support Children and Young People with Mental Health Concerns**

### 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 children and young people or who have an interest in learning more about mental health in children and young people whether in a personal or a professional capacity.

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