

# Certificate in Awareness of Mental Health Problems



Course Level: Level 2

Campus: Both

Subject Type: Care, Education, Nursing & Midwifery

## Course Overview:

Deepen your understanding of mental health issues. Explore various mental health conditions, including anxiety disorders, depression, schizophrenia and bipolar disorder. Learn about the signs, symptoms, and impact of these conditions on individuals and society. Gain insights into effective communication strategies, stigma reduction, and supporting individuals experiencing mental health challenges.

## What's Covered:

This course will give an overall understanding of mental health. Topics included for the units; Understanding stress, anxiety, phobias, depression, post-natal depression, bipolar disorder, schizophrenia, dementia, eating disorders and attention deficit hyperactivity disorder.

## Entry Requirements:

Be working or volunteering in a health and social care environment or other relevant working environment; have a basic level of English in order to complete the written assessments.

## Assessment Information:

This is an online learning course and will require the learner to commit to self study hours in order to complete the assessments.

Each learner will be assessed via interactive online resources and end of unit assessment questions. Assessments must be completed in the agreed timescale and submitted to the assessor who will then provide feedback, advice and guidance, and, additional support where needed.

## Fees and Financial Support:

A range of financial support may be available for adult students to help towards the cost of your fees, equipment, childcare and/or other expenses while studying, depending on your personal circumstances and the course you are studying. [For more details visit nscg.ac.uk/finance](https://www.nscg.ac.uk/finance)

## Progression:

There are further Level 2 certificates that you may progress to, which include: safeguarding, common health conditions, dementia care, and infection control, care planning, autism, learning disabilities, equality and diversity, nutrition. Also you may progress to a Level 2 or 3 Diploma in Adult Health and Social Care or progress on to an apprenticeship within the sector.

## How do I find out more?

## Contact

Susan Goodwin, H&SC Assessor

Tel: 01782 254121

Email: [susan.goodwin@nscg.ac.uk](mailto:susan.goodwin@nscg.ac.uk)

Or

Chloe Richards, H&SC Administrator

Tel: 01782 254387

E Mail: [chloe.richards1@nscg.ac.uk](mailto:chloe.richards1@nscg.ac.uk)