

Level 1 Award in Mental Health Awareness (Online)

Ofsted Outstanding Provider

Course Level: Level 1

Campus: Newcastle

Subject Type: Care, Education, Nursing & Midwifery

Course Overview:

Gain essential knowledge and understanding of mental health issues. Explore topics such as common mental health conditions, stigma, and the importance of self-care. Learn about strategies for promoting mental well-being and supporting individuals experiencing mental health challenges.

What's Covered:

Mental health is one of the most pressing issues of our time. With this course, you can develop the skills you need to help those affected by it. This Mental Health Awareness Course is ideal for anyone who wants to develop their knowledge and understanding of mental health principles, and learn useful skills that will benefit their career progression

Entry Requirements:

There are no formal entry requirements for this course, however you should have a good level of reading and writing skills.

Assessment Information:

This course will require the learner to commit to self study hours in order to complete the assessments.

To achieve the Level 1 Award in Mental Health Awareness, learners must successfully demonstrate their achievement of all learning outcomes and assessment criteria of the mandatory unit.

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:

This course is FREE to adult learners aged 19+ who have been a UK/EU Resident for 3 years or more.

Progression:

You could progress onto the Level 2 Certificate in Awareness of Mental Health Problems.

How do I find out more?

For more information, please contact Kate Curtis on 01785 275594 or email kate.curtis@nscg.ac.uk