

# Certificate in Awareness of Mental Health Problems

Level 2    ⋮    160gh    ⋮    16 credits

Mental health concerns how we think, feel and behave and mental health problems can affect anyone. In fact, as many as one in four people in the UK will be diagnosed with a mental health issue at some point in their lives. This figure indicates that most people will have first-hand experience of mental distress, whether it be themselves or someone they know.

Hallmark's learning materials for the Certificate in Awareness of Mental Health Problems will provide learners with comprehensive knowledge and understanding of the various forms of mental distress, including stress, anxiety, phobias, depression, dementia and schizophrenia, among others.

## Who is it for?

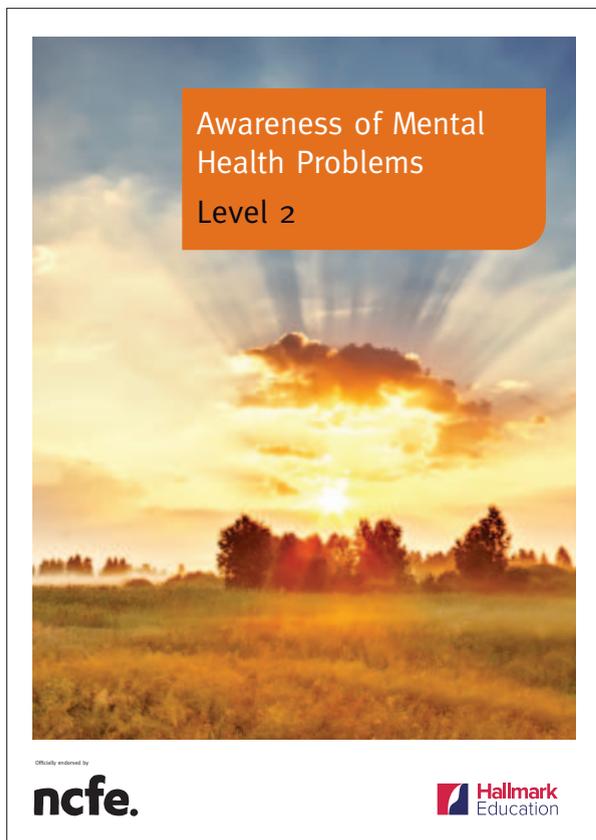
The programme is designed for learners aged 16 and above, who are working in a range of settings within the public, private or voluntary sectors and who wish to raise their awareness of mental health.

## What are the benefits of doing this course?

Mental distress takes many forms. This qualification aims to broaden learners' knowledge of mental ill-health and the most commonly diagnosed mental health conditions. Learners will develop an awareness of the signs and symptoms of these conditions and how they may affect people's day-to-day lives. Learners will also gain an insight into how these conditions can be successfully managed.

The qualification is currently designated as a target-bearing full Level 2 qualification and is mapped to the Skills for Health National Occupational Standards and the knowledge set for dementia from Skills for Care. Consequently, employers can be assured that staff who complete this programme are meeting industry standards.





## Progression opportunities

By undertaking this programme, candidates will be able to further their own continuous professional development, which may improve their career prospects, or they can progress on to further qualifications such as courses in health and social care or related subjects.

## Information for learning centres:

**Qualification reference number:**

601/3438/0

**Awarding organisation:**

NCFE (see [www.ncfe.org.uk](http://www.ncfe.org.uk))

## Course content

The Level 2 Certificate in Awareness of Mental Health Problems comprises four concise module workbooks which combine the following units:

**MODULE A:**

*Understanding mental health (Credit value: 4) (Y/506/2880)*

**MODULE B:**

*Understanding stress (Credit value: 1) (H/506/2882)*

*Understanding anxiety (Credit value: 1) (M/506/2884)*

*Understanding phobias (Credit value: 1) (A/506/2886)*

*Understanding obsessive compulsive disorder (Credit value: 1) (D/506/2900)*

*Understanding post-traumatic stress disorder (Credit value: 1) (T/506/2904)*

**MODULE C:**

*Understanding depression (Credit value: 1) (L/506/3105)*

*Understanding post-natal depression (Credit value: 1) (L/506/2889)*

*Understanding bipolar disorder (Credit value: 1) (F/506/2890)*

**MODULE D:**

*Understanding schizophrenia (Credit value: 1) (L/506/2892)*

*Understanding dementia (Credit value: 1) (Y/506/2894)*

*Understanding eating disorders (Credit value: 1) (D/506/2928)*

*Understanding attention deficit hyperactivity disorder (Credit value: 1) (F/506/2937)*

Each unit contains activities and assessments designed to cover the specific learning outcomes.

## Entry requirements

Learners should be aged 16 and over, but otherwise there are no specific entry requirements for this programme.

## Course delivery and assessment

Hallmark's learning materials comprise a set of high-quality workbooks, which have been produced to suit a range of delivery methods. Learners will be provided with all the necessary materials to complete the programme and will have the opportunity to work through a series of reflective activities designed to reinforce the learning process and test their knowledge. The learning materials also include an assessment, which allows learners to complete a portfolio of evidence and demonstrates achievement of all learning outcomes associated with each unit. A comprehensive tutor guide is supplied to accompany these materials.

## For further information, please contact:

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