

Certificate in Understanding Children and Young People's Mental Health

Level 2 :: 156 TQT :: 135 GLH

Statistics show that the prevalence of mental ill health among children and young people is increasing. One in eight people aged 5 to 19 now have a diagnosable mental health condition, such as an anxiety disorder, depression or a conduct disorder. This equates to three in every classroom!

Appropriate support and understanding are vital. Without this, a child with mental health difficulties is likely to become an adult with mental health difficulties too. We now know that half of all mental health problems experienced by adults first manifest themselves by the age of 14, yet only three in four children and young people with a diagnosable condition access the support they need.

This course aims to increase candidates' knowledge and awareness of children and young people's mental health. They will explore the factors that make an individual more vulnerable to developing mental ill health as well as the factors that can protect their well-being. Perhaps most importantly, they will look at how the care, compassion and vigilance of others can support children and young people to bounce back from setbacks and successfully deal with the challenges they may face during their childhood and teenage years.

Who's it for?

This qualification is suitable for anyone looking to increase their knowledge of children and young people's mental health. It will be particularly useful for people working in an educational setting.

What are the benefits of doing this course?

As well as attaining a nationally recognised qualification upon completion, candidates will gain a thorough understanding of children and young people's mental health. They will explore key themes such as resilience, self-esteem and body image, bullying and the pressures caused by social media. They will also learn about the most common mental health conditions that affect children and young people and the strategies that can be used to support individuals experiencing mental distress.

The course also provides employers with a structured training programme that will meet the training needs of their employees, giving peace of mind that staff are equipped with the knowledge they need to promote the mental well-being of children and young people.



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Progression opportunities

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

Visit www.hallmarkeducation.org.uk to view our extensive portfolio of qualifications and learning resources.

Information for learning centres:

Qualification reference number:

603/2813/7

Awarding organisation:

NCFE CACHE (see www.cache.org.uk)

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Course content

The Level 2 Certificate in Understanding Children and Young People's Mental Health comprises five mandatory units that are presented in two concise modular workbooks:

MODULE A:

Unit 1: Understanding children and young people's mental health in context.

Unit 2: The factors that may affect children and young people's mental health.

MODULE B:

Unit 3: Understanding children and young people's mental health concerns.

Unit 4: The impact of children and young people's mental health concerns.

Unit 5: How to support children and young people with mental health concerns.

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 publishes all the learning materials required to complete the qualification. These materials have been reviewed and officially endorsed by the awarding organisation, NCFE CACHE. This means that our learning materials have gone through a rigorous assessment procedure. Official AO endorsement gives providers the peace of mind that our resources are 'fit for purpose' and enable learners to meet all the learning outcomes in their chosen qualification.

The learning materials comprise a set of high-quality knowledge workbooks that are designed to suit a range of delivery methods. Within these workbooks, learners have the opportunity to work through a series of reflective activities that are designed to reinforce the learning process and test their knowledge. The materials also include assessment booklets that allow learners to complete a portfolio of evidence and demonstrate their achievement of all the learning outcomes associated with each unit. Hallmark also provides a comprehensive tutor guide to support centres delivering this qualification.

For further information, please contact:

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