

# Certificate in Mental Health Awareness

Level 2    ⋮    130glh    ⋮    13 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 Mental Health Awareness 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?

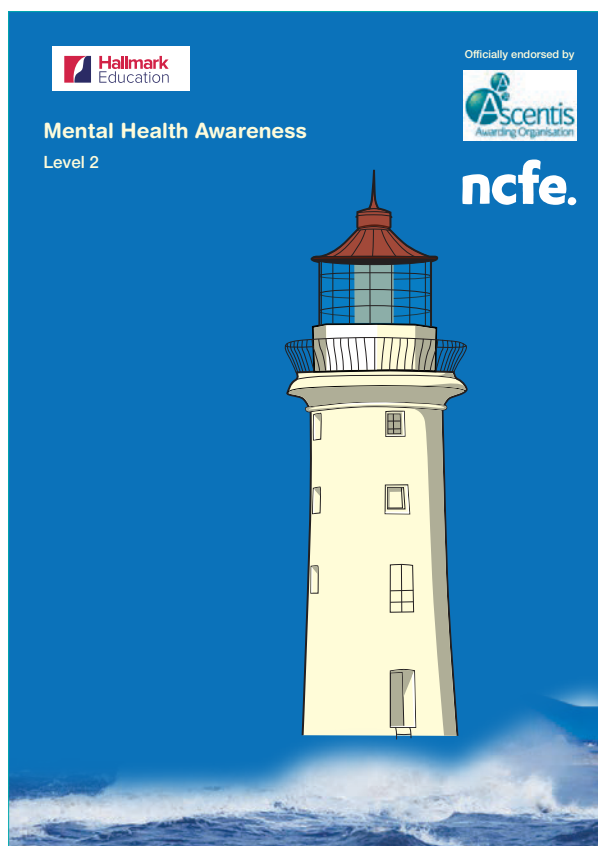
The programme is designed for learners aged 16 and above, who are working in a range of settings within the public, private or voluntary sectors and who wish to raise their awareness of mental health.

## 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.

## Entry requirements

Learners must be aged 16 or over in order to enrol on the course. There are no other specific entry requirements for this qualification.

## Information for learning centres:

Hallmark's materials are endorsed by Ascentis and NCFE.

### Qualification reference number:

**Ascentis** 500/5515/X

**NCFE** 600/6134/0

### Awarding organisations:

Ascentis (see [www.ascentis.co.uk](http://www.ascentis.co.uk)) and

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

## Course content

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

*Unit 01: Understanding Mental Health*  
(Credit value: 4) (T/504/0482)

*Unit 02: Understanding Stress*  
(Credit value: 1) (M/504/0481)

*Unit 03: Understanding Anxiety*  
(Credit value: 1) (Y/504/0488)

*Unit 04: Understanding Phobias*  
(Credit value: 1) (H/504/0493)

*Unit 05: Understanding Depression*  
(Credit value: 1) (M/504/0495)

*Unit 06: Understanding Post-Natal Depression*  
(Credit value: 1) (T/504/0496)

*Unit 07: Understanding Bipolar Disorder*  
(Credit value: 1) (L/504/0553)

*Unit 08: Understanding Schizophrenia*  
(Credit value: 1) (M/504/0562)

*Unit 09: Understanding Dementia*  
(Credit value: 1) (A/504/0564)

*Unit 10: Understanding Eating Disorders*  
(Credit value: 1) (R/504/0571)

## 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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