Level 2 Certificate in Awareness of Ment

Medway Adult Education

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Mental health presents one of the greatest challenges to our society. With an estimated 450 million people worldwide suffering from a mental health problem, around a quarter of British adults will experience some form of mental health problem within the course of a year. While many elements of mental health are still not understood, having a good knowledge of the information that is available is essential in the care sector.

You can achieve a nationally recognised Level 2 qualification.
Increase understanding of symptoms and management of stress, anxiety and phobias.
Further your personal and professional development.
Gain a clear understanding of mental health legislation.

Start Date: 01 August 2024
Start Time: 08:00
Lessons: 2
Weeks: 2
Hours: 2.00

Venue
Distance Online Learning
Learning Curve

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What will I learn on this course?

Understanding mental health.
Understanding stress.
Understanding anxiety.
Understanding phobias.
Understanding depression.
Understanding post natal depression.
Understanding post traumatic stress disorder.
Understanding bipolar disorder.
Understanding schizophrenia.
Understanding dementia.
Understanding eating disorders.
Understanding attention deficit hyperactivity disorder.
Understanding obsessive compulsive disorder.

Is this course suitable for me?

This course is suitable for those interested in joining the care sector or working in a school enviroment.

Is there anything I need to know about this course?

This is an online course.
An initial assessment is required prior to enrolment.

What could I go on to do after this course?

If you wish to explore your learning, work or career options, you can speak to a fully trained careers advisor on 0800 100 900. https://nationalcareersservice.direct.gov.uk

If you need further advice please telephone 01634 338400.

Attendance Policy

This course will need to be completed by the end date, which is in 12 weeks.

How are digital skills used and enhanced?

IT/ Digital skills are fully embedded within the course as this is an online course.
The course is entirely delivered online. Learners will need to have access to a good internet connection and a computer. Learners will also need good IT skills. If learners are interested in developing their IT skills further, we have a number of Digital Skills courses available that may help.
The courseware is a pdf booklet that learners will read and then learners can go onto the website and answer questions to demonstrate their understanding. Learners may wish to print the booklet, but this is not necessary.

Health and Safety

This course may bring up issues of a sensitive nature. If you are worried about anything, please talk to your tutor or our Safeguarding Officer.

Learners are encouraged to work safely. Poor positioning of equipment can lead to Repetitive Strain Injury (RSI). Discover more about safe ways to work with computer equipment here:

https://www.bbc.co.uk/bitesize/guides/zkyg87h/revision/1

E-Learning Ettiquette

Please be mindful of confidentiality issues when sharing examples of a personal nature.