

Level 2 Certificate

AWARENESS OF MENTAL HEALTH PROBLEMS

This free course is suitable for anyone who wishes to increase their knowledge of mental health problems, the factors that cause mental ill-health and the ways that mental health problems can be managed.

COURSE UNITS INCLUDE

- Understanding mental health
- Understanding stress
- Understanding anxiety
- Understanding phobias
- Understanding depression
- Understanding post-natal depression
- Understanding bipolar disorder
- Understanding schizophrenia

FREE TABLET

on completion to assist with job search

**TO BOOK, OR TO REFER, FOR THIS
SHORT COURSE PLEASE
CONTACT:**

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Eligibility Criteria

LEARNERS NEED A LAPTOP OR COMPUTER TO ACCESS THIS COURSE

This course is delivered remotely.

Learners must be 19+ and be able to commit fully to the course.

Learners must have access to relevant identification to register to the course.

An online initial assessment is required to be completed prior to the course starting.

Learners Maths & English working level must be at least entry level 3.

Must not have completed these qualifications previously at degree standard or possess the same qualifications higher than level 1.



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