

Special Focus

Level 2 Award in Understanding Mental Health (6hrs)



Aim

- To raise mental health literacy in all sectors of the community, in order to dispel the stigma and discrimination that exists through lack of understanding, and empower people to offer support.

Learning Objectives

- Define mental health
- Identify and explain mental health facts and fiction
- Understand key legislation relating to mental health
- Explain how mental health care has evolved over time
- Identify common signs and symptoms
- Understand common mental health disorders
- Recognise common attitudes towards mental ill-health and the impacts these can have
- Explain the concept of parity of esteem
- Know how to support people and offer advice

Certification

Successful candidates will be issued with a certificate valid for 3 years.

Accreditation

This course is externally accredited by Advantage Accreditation

Contact our friendly team for details...