

Essex County Council

2021/22 Certificate in Mental Health Awareness

What Qualification/level is this course?

This is an NCFE Level 2 Certificate

Who is the course for?

This qualifications purpose has been designed for any learner that wants to raise their awareness of mental health and the problems that can cause mental ill health. This course is also suitable to those wishing to build confidence, those returning to work and those looking to improve their employment opportunities to build the skills required for working in the care sector.

What can I expect to learn?

Develop an understanding for areas such as mental health legislation, services and public attitudes and how these have evolved; how to support mental well-being through various stages of life; mental ill health, treatment options available and the potential consequences of mental ill health and the skills required to work in a mental health service.

How will I learn?

An online course where learners will also be asked to carry out research and reflection for the subject area and will be directed to online tools and reputable websites. Learners must successfully demonstrate their achievement of all learning outcomes of the units.

How will I know how well I am doing?

Learners will have an assigned tutor who will communicate on the online platform and when needed telephone or Microsoft Teams.

Work will be regularly assessed and marked, and learners will be provided with encouraging developmental feedback.

Targets will be set at different stages of the course to enable learners to meet personal and course objectives.

Will I have to do any work at home?

We recommend at least 6 - 8 hours a week to complete research, reading and home study.

Typically, the course can be completed in 4 months.

What will I need to provide?

Learners will need to have access to a computer or device to enable them to visit the online platform to complete and submit work.

Telephone to enable tutor contact.

Pen/pad of paper for taking notes for example to use during one to one phone meetings.

Are there any other costs?

There are no other costs in addition to the course fee.

What can I do next?

The tutor will be happy to support and guide learners towards courses that will compliment current skills, needs, interests and current job role.

Learners may wish to consider the following:

- Level 2 Principles in Dementia Care
- Level 2 Certificate in Understanding Autism
- Level 2 Certificate in Customer Service for HSC
- Level 2 Understand the Safe Handling of Medication
- Level 2 Diploma in Health and Social Care (Adults)

Further information:

For information on all ACL courses please see <http://www.aclessex.com/>

The National Careers Service provides information, advice, and guidance to help you make decisions on learning, training, and work. The service offers confidential and impartial advice and is supported by qualified careers advisers. To make an appointment please call 0800 100 900 (calls are free from landlines and most mobile numbers) or visit their website <https://nationalcareersservice.direct.gov.uk>