





## Level 2 Certificate in **Awareness of Mental Health Problems**

### Who is suitable?

The qualification 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. The course is also suitable for those who already work in this area, anyone who wants to secure a job linked to mental health and anyone who wants to gain more knowledge for personal reasons.

### Learning method

Studying via distance learning means you can choose when and where you study.

This course is available:



**Paper-based**



**Paper-based learning with online assessments.**

no exams  
just assessments

### What you will learn

**This course is split into thirteen manageable units:**

- Unit 1:** Understanding mental health
- Unit 2:** Understanding stress
- Unit 3:** Understanding anxiety
- Unit 4:** Understanding phobias
- Unit 5:** Understanding depression
- Unit 6:** Understanding post-natal depression
- Unit 7:** Understanding bipolar disorder
- Unit 8:** Understanding schizophrenia
- Unit 9:** Understanding dementia
- Unit 10:** Understanding eating disorders
- Unit 11:** Understanding Attention Deficit Hyperactivity Disorder (ADHD)
- Unit 12:** Understanding Obsessive Compulsive Disorder (OCD)
- Unit 13:** Understanding Post-traumatic Stress Disorder (PTSD)

### Benefits

- Gain a nationally recognised qualification
- Improve your skills to help create a long-standing career pathway in your chosen industry
- Courses are delivered as distance learning, allowing you to choose when and where to study
- Personal tutors are assigned to ensure you have the support needed to succeed.