



NCFE CACHE CERTIFICATE IN AWARENESS OF MENTAL HEALTH PROBLEMS

Level 2

QUALIFICATION
CODE:
601/3438/0

This certificate is designed for those looking to develop their understanding of different mental health problems, helping them to look beyond the behaviour being displayed to the driving factors beneath.

PROGRAMME DETAILS

- ✓ Self-Study Format
- ✓ Group Learning Options
- ✓ Certification
- ✓ Online, written assessment
- ✓ Work/industry placement not required



GAIN A DEEPER UNDERSTANDING OF MENTAL HEALTH PROBLEMS

IMPROVE THE QUALITY OF CARE

Adult Social Care Learning is here to provide accredited training and qualifications for adult social care teams. We provide Skills for Care approved training for adult residential, adult day, adult domiciliary, and adult community care workers.

The Level 2 Certificate in Awareness of Mental Health Problems is designed for staff who want to reflect on how their role supports those with mental health problems, are planning on taking on additional responsibilities or even those new to a role.

This course develops learner's understanding of what is meant by mental health and mental ill-health. This includes understanding the legal frameworks which ensure provision of high-quality care.

Each unit will examine a specific mental health problem which those they work or interact with may experience. Learners develop their appreciation of conditions' causes, symptoms, and their management options.

The emphasis is on championing a person-centred approach, including the wider impacts for both the individual and others in their lives.

DURATION

3 days or self-study online

FUNDING

Before you book your training, we recommend that you first [confirm your eligibility](#) for reimbursement. All training bookings are due for immediate payment so you can only claim your funding once the training has been booked and paid for. See our site for further funding help and support.



COURSE UNITS:

- Understanding Mental Health
- Understanding Stress
- Understanding Anxiety
- Understanding Phobias
- Understanding Depression
- Understanding Postnatal Depression
- Understanding Bipolar Disorder
- Understanding Schizophrenia
- Understanding Dementia
- Understanding Eating Disorders
- Understanding Attention Deficit Hyperactivity Disorder - ADHD
- Understanding Obsessive Compulsive Disorder - OCD
- Understanding Post-Traumatic Stress Disorder - PTSD



Government Recommended
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COURSE UNIT DETAILS

- **Understanding Mental Health** (Y/506/2880) *Understand what is meant by mental health, ill-health, it's impact, and the legal frameworks surrounding care provision*
- **Understanding Stress** (H/506/2882) *Understand the causes, effects and management of stress*
- **Understanding Anxiety** (M/506/2884) *Understand the causes, effects and management of anxiety*
- **Understanding Phobias** (A/506/2886) *Understand the causes, effects and management of phobias*
- **Understanding Depression** (L/506/3105) *Understand the causes, effects and management of depression*
- **Understanding Postnatal Depression** (L/506/2889) *Understand the causes, effects and management of postnatal depression*
- **Understanding Bipolar Disorder** (F/506/2890) *Understand the causes, effects and management of bipolar disorder*
- **Understanding Schizophrenia** (L/506/2892) *Understand the causes, effects and management of schizophrenia*
- **Understanding Dementia** (Y/506/2894) *Understand the causes, effects and management of dementia*
- **Understanding Eating Disorders** (D/506/2928) *Understand the causes, effects, and management of eating disorders*
- **Understanding Attention Deficit Hyperactivity Disorder - ADHD** (F/506/2937) *Understand the causes, effects and management of ADHD*
- **Understanding Obsessive Compulsive Disorder - OCD** (D/506/2900) *Understand the causes, effects and management of OCD*
- **Understanding Post-Traumatic Stress Disorder - PTSD** (T/506/2904) *Understand the causes, effects and management of PTSD*

