



NCFE CACHE CERTIFICATE IN MENTAL HEALTH AWARENESS

Level 2

QUALIFICATION
CODE:
600/6134/0

This certificate is designed for those looking to develop their knowledge and awareness of mental health, including the specifics of a range of mental health conditions along with their causes and impacts.

PROGRAMME DETAILS

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



GAIN A DEEPER AWARENESS OF MENTAL HEALTH

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 Mental Health Awareness is designed for staff who want to improve their mental health awareness, reflect on how this impacts their role, are planning on taking on additional responsibilities or even those new to a role.

Each unit will examine an aspect of mental health, ill-health, specific conditions, their causes and impact. This includes understanding the legal frameworks which ensure provision of high-quality care. Learners develop their appreciation of conditions' symptoms and their management.

The emphasis is on championing a person-centred approach. This course promotes an empathetic understanding of experiences, along with consideration for the roles and needs of family and friends.

DURATION

2 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



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COURSE UNIT DETAILS

- **Understanding Mental Health** (T/504/0482) *Understand what is meant by mental health, mental ill-health, its impact and the legal frameworks surrounding qualify care provision*
- **Understanding Stress** (M/504/0481) *Understand the causes, impacts and management of stress, including the roles and needs of family and friends*
- **Understanding Anxiety** (Y/504/0488) *Understand the causes, impacts and management of anxiety, including the roles and needs of family and friends*
- **Understanding Phobias** (H/504/0493) *Understand the causes, impacts and management of phobias, including the roles and needs of family and friends*
- **Understanding Depression** (M/504/0495) *Understand the causes, impacts and management of depression, including the roles and needs of family and friends*
- **Understanding Postnatal Depression** (T/504/0496) *Understand the causes, impacts and management of postnatal depression, including the roles and needs of family and friends*
- **Understanding Bipolar Disorder** (L/504/0553) *Understand the causes, impacts and management of bipolar disorder, including the roles and needs of family and friends*
- **Understanding Schizophrenia** (M/504/0562) *Understand the causes, impacts and management of schizophrenia, including the roles and needs of family and friends*
- **Understanding Dementia** (A/504/0564) *Understand the causes, impacts and management of dementia, including the roles and needs of family and friends*
- **Understanding Eating Disorders** (R/504/0571) *Understand the causes, impacts and management of eating disorders, including the roles and needs of family and friends*



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