

Level 2 Certificate in

Understanding Children & Young People's Mental Health

This qualification aims to equip you with a more detailed understanding of mental health conditions that affect children and young people, the legislation and guidance surrounding mental health, risk factors that may affect mental well-being and the impact that mental health concerns may have on young people and others.

Unit 1: Understand children and young people's mental health in context

In this unit, you will learn about the concept of mental health and how society's view of mental health has changed over time. You will also learn about the legislation in place to support children and young people's mental health.

Unit 2: Understand factors which may affect children and young people's mental health

This unit will cover the risk factors that can affect children and young people's mental health and how these can be mitigated. You will also look at how developmental changes and puberty can impact children and young people.

Unit 3: Understand children and young people's mental health concerns

This unit will look at the behaviours displayed by children and young people that may indicate a mental health concern. You will look in more detail at common mental health conditions that affect children and young people.

Unit 4: Understand the impact of children and young people's mental health concerns

In this unit, you will investigate the impact of mental health concerns on children, young people and others. You will look at the importance of diagnosis and the reasons why there may be a reluctance to seek a diagnosis.

Unit 5: Understand how to support children and young people with mental health concerns

In this fifth and final unit, you will explore person-centred approaches to supporting children and young people with mental health concerns, how to promote mental well-being in children and young people, and the services and treatment involved with children and young people's mental health.

