

Level 2 Certificate in

# Awareness of Mental Health Problems

UK employers, particularly in the health and social care sector, are increasingly interested in their staff having a sound understanding of a range of mental health problems. This qualification aims to raise your awareness of mental health and a range of mental health problems. You will gain an understanding of prevalent mental health problems and how you can then work with or interact with individuals with them.

## Unit 1: Understanding mental health

In this unit you will learn about what is meant by 'mental health' and its impact. You will also look at the legal frameworks which ensure high quality care is provided.

## Unit 2: Understanding stress

In this unit you will gain an understanding of stress and its causes, as well as the effects stress can have on individuals and their daily life. You will also gain an understanding of ways in which stress can be managed.

## Unit 3: Understanding anxiety

Within this unit you will gain an understanding of anxiety, the causes of anxiety and how it affects the individual and others.

## Unit 4: Understanding phobias

In this unit you will look at the causes of phobias and learn about how those with phobias can manage them.

## Unit 5: Understanding depression

This unit covers the causes and effects of depression on individuals and those around them. You will gain an in-depth knowledge of how depression can be managed.

## Unit 6: Understanding post-natal depression

In this unit you will learn what is meant by the term 'postnatal depression'. You will look into how postnatal depression not only affects women, but the effect it can have on others around them.

## Unit 7: Understanding bipolar disorder

This unit will give learners an understanding of bipolar disorder, its causes and the effects it can have on individuals and their daily lives. You will also gain an understanding of ways in which bipolar disorder can be managed.

## Unit 8: Understanding schizophrenia

Within this unit you will look at the causes of schizophrenia and the media's representation of this condition.

## Unit 9: Understanding dementia

Within this unit you will not only learn about what dementia is and how it affects an individual, but will gain an understanding of the ways in which dementia can be managed.

## Unit 10: Understanding eating disorders

Unit 10 will give you in-depth knowledge of eating disorder, the causes of eating disorders and how they can affect the individual and others.

## Unit 11: Understanding attention deficit hyperactivity disorder (ADHD)

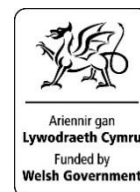
Within this unit you will look at ADHD, the causes of this condition and the effect it can have on an individual and others.

## Unit 12: Understanding Obsessive-Compulsive Disorder (OCD)

In this unit you will gain an understanding of OCD, its causes and how it might affect the individual and others. You will also learn about ways in which OCD can be managed.

## Unit 13: Understanding Post-traumatic Stress Disorder (PTSD)

The final unit will give you knowledge of PTSD, its causes and how it can affect the individual. You will also gain an understanding of the ways in which PTSD can be managed.



We are currently able to provide distance learning courses without any cost to the individual learner. However due to the limited funding we have at our disposal that provision may be limited to one course per person per financial year.