



AWARENESS OF MENTAL HEALTH PROBLEMS



Aged 19+ at the beginning
of the academic year



Lived in the EU
for 3 years



Available
fully funded

Mental health presents one of the greatest challenges to our society. With an estimated 450 million people worldwide suffering from a mental health problem, around a quarter of British adults will experience some form of mental health problem within the course of a year. While many elements of mental health are still not understood, having a good knowledge of the information that is available is essential in the care sector.

Benefits

Achieve a nationally recognised
Level 2 qualification

Increase understanding of
symptoms and management of
stress, anxiety and phobias

Further your personal and
professional development

Gain a clear understanding of
mental health legislation

What you will learn

Understanding Mental Health

Understanding Stress

Understanding Anxiety

Understanding Phobias

Understanding Depression

Understanding Post-Natal
Depression

Understanding Post-Traumatic
Stress Disorder

Understanding Bipolar Disorder

Understanding Schizophrenia

Understanding Dementia

Understanding Eating Disorders

Understanding Attention Deficit
Hyperactivity Disorder

Understanding Obsessive
Compulsive Disorder