



Certificate in Mental Health

What is the course about?

This qualification course aims to raise awareness of mental health issues tackling stigma and promoting social inclusion. It is ideal for those considering volunteering or future employment in health and social care for those with a general interest in mental health.

What will I learn?

The history of mental health
The various definitions of mental health including cultural variations
A wide range of theories to why people suffer with mental health difficulties
An understanding of the DSM-IV Diagnostic and Statistical Manual of Mental Disorders
How the media impacts upon stereotyping and stigma
Knowledge of the social barriers people with Mental health issues face
Equality and diversity
Employment rights and advocacy
There will be small group project on fundraising.
Knowledge and information resources
Health promotion and wellbeing
Communication
Service improvement

Entry Requirements

Enthusiasm to the subject and commitment to the course.
A reasonable level of literacy

What will I need to bring with me?

A pen and notebook

How will I learn?

Lectures, discussion group work, pair work, sharing

How will my learning be assessed?

Q & As, self assessment, questionnaires, observation completion of Coursework, &. Internal and external moderation from the NCFE

What qualifications will I get?

Level 1 Certificate in Mental Health awareness

Are there any extra costs?

No

What can I do next?

Voluntary work in health and social care sector.
FE & HE education, in health and social care sector