



Awareness of Mental Health Problems

Designed for learners who are working in a range of settings or sectors and who wish to raise their awareness of mental health.

Mental health concerns how we think, feel and behave and mental health problems can affect anyone. In fact, as many as one in four people in the UK will be diagnosed with a mental health issue at some point in their lives. This qualification will provide learners with comprehensive knowledge and understanding of the various forms of mental distress, including stress, anxiety, phobias, depression, dementia and schizophrenia, among others.

Course Delivery & Duration

This is a distance learning programme which requires you to have access to a computer and internet. Once enrolled you will be given access to our digital platform with online learning materials and online assessments. This course can take up to 8 weeks to complete.

For further information please contact Group Horizon:

Call: 0191 4977 722

Email: info@grouphorizon.co.uk



Qualification

On successful completion of this course you will receive a **Level 2 Certificate in Awareness of Mental Health Problems**.

Course Content

Units covered during this programme include;

- *Understanding anxiety*
- Understanding Attention Deficit Hyperactivity Disorder ADHD
- Understanding bipolar disorder
- Understanding dementia
- Understanding depression
- Understanding eating disorders
- Understanding mental health
- Understanding Obsessive Compulsive Disorder OCD
- *Understanding phobias*
- Understanding Post-Traumatic Stress Disorder PTSD
- Understanding postnatal depression
- Understanding schizophrenia
- Understanding stress

Progression Opportunities

By undertaking this programme, learners will be able to further their own continuous professional development, which may improve their career prospects. Learners may then progress on to further qualifications, such as other courses in health and social care or related subjects.

Why Group Horizon?

Group Horizon provide a specialist range of training and workforce development programmes. Our nationwide offer includes Apprenticeships, Functional Skills, Adult Short Courses and Skills Development Programmes. Group Horizon's training is designed to be hands-on, teaching transferrable skills that can be used immediately in the workplace.

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