

COURSE DESCRIPTION 2016-2017

Course: Mental Health Awareness Level 2	Awarding body: NCFE
Tutor:	Course length: 16 weeks

Course summary/aims:	You will study mental health and mental ill-health and its impact. You will also explore and discuss a range of topics such as depression, anxiety, stress, dementia and phobias.
Course objectives:	<ol style="list-style-type: none"> 1. To describe mental health, ill-health and their impact 2. To describe the legal frameworks for mental illness and high quality health care and support 3. To be able to describe a range of mental health disorders such as stress, anxiety, depression, schizophrenia 4. To describe the range of methods of managing conditions 5. To explore the importance of family, friends and other networks in recovery.
Course content:	<p>Mental health awareness; legal frameworks; a range of mental health conditions; support systems. The following units will be completed:</p> <ol style="list-style-type: none"> 1. Understanding mental health 2. Understanding stress 3. Understanding anxiety 4. Understanding phobias 5. Understanding depression 6. Understanding postnatal depression 7. Understanding bipolar disorder 8. Understanding schizophrenia 9. Understanding dementia 10. Understanding eating disorders
Teaching and learning methods:	Tutor input, discussion, use of a resource pack, completion of structured written tasks
Course level/entry	Level 1 Mental Health Awareness or similar would be useful but not essential. The course involves written

requirements:	work so English at Level 1 is required as a minimum (please ask if you are not sure).
How progress is checked during course:	Regular tutor marking of progress through the assessment booklets.
Extra study or practice required at home?	Homework will be required every week between sessions (approx 2 hours per week)
Formal course accreditation? If yes, how is the course assessed?	Yes – NCFE Level 2 Certificate in Awareness of Mental Health Problems. Students complete a series of assessment booklets which are provided as part of the course.
Materials you will need to bring to the course:	Pen and paper.
What can I do next?	Employment as a support assistant in mental health settings; other courses in social care or psychology; Level 3 qualifications to gain access to mental health nursing or a degree.

Information, Advice and Guidance sessions are available on request (it is best to make an appointment). If you feel you may need some support eg. with English, Maths or ICT, please ask.

To get in touch, please call your local CLIP Learning Centre (see below) or email info@cliplearning.com

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