



Department
for Work &
Pensions



NCFE CACHE LEVEL 2 CERTIFICATE IN MENTAL HEALTH AWARENESS

COURSE SUMMARY:

If you have done the Level 1 Award in Mental Health Awareness or the Level 1 Award in Stress Awareness, this is a natural progression route for you to delve deeper in the mental health sector, through independent and guided delivery you will analyse individual conditions covered in the bracket of mental health. With module topics such as anxiety, eating disorders, and phobias, this course covers a robust criterion to help support you in learning about topics to progress your mental health knowledge even further, both through personal and professional perspective.

ENTRY REQUIREMENTS:

- Must have attended the Level 1 Award in Mental Health Awareness course prior to enrolment or equivalent
- Minimum of Level 1 English

WHAT WILL YOU DO ON THIS COURSE?

Are you interested in learning more about mental health and the challenges people may face throughout their lives?

This course is designed to help you develop a greater understanding of mental health, mental wellbeing, and a range of common mental health conditions. Throughout this engaging and informative course, you will explore topics including:

- ✓ **Mental health** awareness, stigma and positive attitudes towards wellbeing
- ✓ **The impact** of mental ill-health on individuals, families and communities
- ✓ **Support services**, treatments and recovery approaches
 - ✓ **Stress, anxiety** and phobias
 - ✓ **Depression** and postnatal depression
 - ✓ **Bipolar disorder** and schizophrenia
 - ✓ **Dementia** and eating disorders
 - ✓ **Mental health** and mental wellbeing



AWARD:

**NCFE CACHE Level 2
Certificate in Mental
Health Awareness**

PROGRESSION FROM THIS COURSE:

- Level 2 and 3 Certificate in Preparing to Work in Adult Social Care
- Level 3 Certificate in Understanding Mental Health
- Level 3 Award in Counselling Skills and Theory
- Level 3 Diploma in Counselling Skills



Suffolk
County Council

**REALISE
FUTURE-S**

Enhancing people's lives

THE GATEWAY TO LEARNING IN YOUR COMMUNITY