



# TQUK Level 2 Certificate in Awareness of Mental Health Problems



## Course overview

**Common mental health conditions such as anxiety, depression and stress affect one in four people in the UK every year. These mental health issues are more common than you think, and it is important that people are aware of different mental health conditions, so that they can be recognised and responded to appropriately. By studying this course, learners will increase their knowledge and understanding of mental health, and develop skills which will enable them to progress into a career in the health and social care sector.**

This course is ideal for learners who wish to develop their awareness of mental health and a range of mental health problems, as well as gain an awareness of how to work and interact with individuals with these conditions, for either personal or professional reasons.

## Learning method

Studying via distance learning means you can choose when and where you study. We ensure you get all the support you need throughout your course in the form of a personal Tutor and a Learner Support Advisor.

This course is available:



**Paper-based**



**Paper-based learning with online assessments.**

All of our award-winning, online learning resources are of the highest quality and are designed to be engaging and interactive to keep you focused on your learning at all times.



## Who is suitable?

This qualification is aimed at anyone who wishes to develop an in-depth knowledge of a range of mental health conditions, particularly in order to progress into related employment in health and social care settings. Anyone who currently works in the health and social care sector would also benefit from the course, as well as those who would like to raise their awareness of mental health for personal reasons. This qualification is suitable for learners aged 16 or above.





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## What you will learn

**This course is split into thirteen manageable units:**

**Unit 1:** Understanding mental health

**Unit 2:** Understanding stress

**Unit 3:** Understanding anxiety

**Unit 4:** Understanding phobias

**Unit 5:** Understanding depression

**Unit 6:** Understanding postnatal depression

**Unit 7:** Understanding bipolar disorder

**Unit 8:** Understanding schizophrenia

**Unit 9:** Understanding dementia

**Unit 10:** Understanding eating disorders

**Unit 11:** Understanding Attention Deficit Hyperactivity Disorder (ADHD)

**Unit 12:** Understanding Obsessive Compulsive Disorder (OCD)

**Unit 13:** Understanding Post-Traumatic Stress Disorder (PTSD)

## Benefits

- Gain a nationally recognised qualification
- Create a long-standing career pathway within the health and social care sector
- Courses are delivered via distance learning, allowing learners to choose when and where to study
- Receive an individualised curriculum plan, created by our online Diagnostic and Curriculum Planning Tool, to maximise learners' development
- Engaging and interactive activities that stretch learners' thinking and help put their new, extended knowledge into practice
- Expert curriculum tutors are assigned to provide the support learners need to succeed
- Study will develop learners' knowledge, skills and confidence to enhance their future work and life
- Personalised learning support from our excellent team of Learner Support Advisors
- Support with your future progression through our Careers and Progression Coordinator.