

Awareness of Mental Health Problems

Mental health presents one of the greatest challenges to our society. With an estimated 450 million people worldwide suffering from a mental health problem, around a quarter of British adults will experience some form of mental health problem within the course of a year. While many elements of mental health are still not understood, having a good knowledge of the information that is available is essential to the care sector.



Benefits

- Achieve a nationally recognised Level 2 qualification
- Increase understanding of symptoms and management of stress, anxiety and phobias
- Further your personal and professional development
- Gain a clear understanding of mental health legislation

What you will learn

- Understanding Mental Health
- Understanding Stress and Anxiety
- Understanding Phobias
- Understanding Depression and Post-Natal Depression
- Understanding Post-Traumatic Stress Disorder
- Understanding Bipolar Disorder and Schizophrenia
- Understanding Dementia
- Understanding Eating Disorders
- Understanding ADHD and OCD



Eligibility Criteria

- Aged 19+ (born before 01/09/1999)
- Lived in the EU for 3 years



Available
fully funded

To find out more about this qualification, please contact:

Call: 01924 303 302 | Email: wakefieldonlinelearning@wakefield.gov.uk |

Visit: www.wakefield.gov.uk/adulteducation