

# Distance Learning Course Information



Stamford  
College

A Partnership for Rutland Adult Learning & Skills Service

# Awareness of Mental Health Problems

**Qualification:** Level 2

**Method of study:** Online

**Duration:** up to 16 weeks

## What does the qualification cover?

This qualification is designed for anyone looking to develop their understanding of mental health and the problems that can cause mental ill-health. It aims to raise awareness and understanding of mental health and a range of mental health problems.

## How is the qualification structured?

To achieve this qualification, learners must complete the following mandatory units:

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

## What could I do after this qualification?

This qualification could be used to support learners into employment where they may work or interact with individuals with mental health problems. Learners could also progress onto qualifications of a similar content, such as an Award in Awareness of Dementia, Diploma in Health and Social Care or Certificate in Preparing to Work in Adult Social Care.