

## Level 2 Certificate in Understanding Wor

Mental health presents one of the greatest challenges to our society. An estimated 450 million people worldwide suffer from a mental health problem. Many elements of mental health are still not understood so having a good knowledge of the information available is essential in the care sector.

Start Date: 01 August 2024  
Start Time: 08:00  
Lessons: 2  
Weeks: 2  
Hours: 2.00

### Venue

Distance Online Learning  
Learning Curve

ZZ99 9ZZ

### What will I learn on this course?

Achieve a nationally recognised Level 2 qualification.  
Further your personal and professional development.  
Increase understanding of symptoms and management of the following :

- Mental Health
- Stress
- Anxiety
- Phobias
- Depression
- Post-Natal Depression
- Post-Traumatic Stress Disorder
- Bipolar Disorder
- Schizophrenia
- Dementia
- Eating Disorders
- Attention Deficit Hyperactivity Disorder
- Obsessive Compulsive Disorder

Gain a clear understanding of mental health legislation

### Is this course suitable for me?

This course is suitable for those who are interested in joining the care and education sectors, or those interested in developing their skills and earning a qualification.

### Is there anything I need to know about this course?

This is an online course.  
An initial assessment is required prior to enrolment.

### What could I go on to do after this course?

If you wish to explore your learning, work or career options, you can speak to a fully trained careers advisor on 0800 100 900. <https://nationalcareersservice.direct.gov.uk>

If you need further advice please telephone 01634 338400.

### Attendance Policy

This course will need to be completed by the end date, which is in 8 weeks.

### How are digital skills used and enhanced?

IT/ Digital skills are fully embedded within the course as this is an online course.

The course is entirely delivered online. Learners will need to have access to a good internet connection and a computer. Learners will also need good IT skills. If learners are interested in developing their IT skills further, we have a number of Digital Skills courses available that may help.

The courseware is a pdf booklet that learners will read and then learners can go onto the website and answer questions to demonstrate their understanding. Learners may wish to print the booklet, but this is not necessary.

### **Health and Safety**

This course may bring up issues of a sensitive nature. If you are worried about anything, please talk to your tutor or our Safeguarding Officer.

Learners are encouraged to work safely. Poor positioning of equipment can lead to Repetitive Strain Injury (RSI).

Discover more about safe ways to work with computer equipment here:

<https://www.bbc.co.uk/bitesize/guides/zkyg87h/revision/1>

### **E-Learning Ettiquette**

Please be mindful of confidentiality issues when sharing examples of a personal nature.