

New Directions College Course Information 2023-24

COURSE:	Level 2 Awareness of Mental Health Problems
LEVEL:	Level 2
MODE OF DELIVERY:	Online paper based
DURATION:	12 weeks
ACCREDITED/NON-ACCREDITED:	Accredited
ENTRY REQUIREMENT:	Good understanding of spoken and written English. Ability to learn and work independently
PROGRESSION:	Further study

COURSE DESCRIPTION:

Around 450 million people worldwide suffer from a mental health problem. You can help tackle this challenge by increasing your knowledge with our level 2 certificate in Awareness of Mental Health Problems. This fully online course will help you gain new knowledge and skills for your personal life as well as your career. It covers lots of different mental health problems, including stress, anxiety, phobias, depression, dementia, eating disorders and schizophrenia. You'll learn about the signs and symptoms of different mental health conditions and how to manage them, as well as gaining an understanding of mental health legislation and guidance.

TOPICS COVERED:	METHOD OF ASSESSMENT:	KEY DATES:
<ul style="list-style-type: none"> - DEVELOP UNDERSTANDING AND APPRECIATION OF MENTAL HEALTH CONDITIONS - LEARN ABOUT SIGNS, TRIGGERS AND SYMPTOMS OF MENTAL HEALTH - UNDERSTAND HOW MENTAL HEALTH AFFECTS AN INDIVIDUAL'S ABILITY TO COPE AND FUNCTION - EXAMINE GUIDANCE TO POTENTIALLY MANAGE AND SUPPORT THEM WITH THEIR ILLNESS 	ONLINE WORKBOOK	
SKILLS TO BE GAINED:	KNOWLEDGE TO BE GAINED:	PERSONAL DEVELOPMENT OPPORTUNITIES:
	<ul style="list-style-type: none"> • Understanding Mental Health • Understanding Stress • Understanding Anxiety • Understanding Phobias • 	

	<p>Understanding Depression • Understanding Post-Natal Depression • Understanding Post-Traumatic Stress Disorder • Understanding Bipolar Disorder • Understanding Schizophrenia • Understanding Dementia • Understanding Eating Disorders • Understanding Attention Deficit Hyperactivity Disorder • Understanding Obsessive Compulsive Disorder</p>	
REQUIRED LEARNING MATERIALS:	SUGGESTED READING:	ADDITIONAL INFORMATION: