

Level 3 Certificate in Understanding Mental Health

Course overview

With increasing worries at each life stage, whether linked to exam pressure, work expectations, unemployment or financial difficulties, it is not surprising that individuals may struggle to cope with the demands of everyday life. Approximately one in four people in the UK will experience a mental health problem each year. This is why it is more important than ever before to increase our understanding of mental health in order to tackle this growing health concern and challenge the stigma attached to mental ill health.

This qualification will enable you to develop a thorough knowledge and understanding of mental health and well-being. It will equip learners with the skills needed to work in a mental health service, making it ideal for those who want to progress in the health and social care sector.



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Who is suitable?

This qualification is ideal for learners who wish to develop their knowledge and understanding of mental health and mental well-being. This could include those who already work in mental health services and want to progress within their career, as well as those who want to develop their knowledge for personal reasons or to start a new career in the sector. This qualification is suitable for learners aged 16 or above.

Learning method

Studying via distance learning means you can choose when and where you study.

This course is available:

 **Fully online**

The online course is available on The Skills Network's online learning platform, **EQUAL**. Online learning with a difference, **EQUAL** features:

- Exciting and engaging content
- Interactivity – featuring videos and games to enhance learning
- Virtual tutors who offer hints, tips and guidance throughout the course.

What you will learn

The course is split into five manageable units:

- Unit 1:** Understanding the context of mental health and well-being
- Unit 2:** Promotion of mental health and well-being
- Unit 3:** Mental health problems: associated issues and consequences
- Unit 4:** Understanding mental ill health
- Unit 5:** Working in mental health.

Benefits

- Gain a nationally recognised qualification
- Create a long-standing career pathway within the health and social care sector
- Courses are delivered as distance learning, allowing learners to choose when and where to study
- Personal tutors are assigned to ensure learners have the support needed to succeed.

no exams
just assessments