



Education & Skills
Funding Agency



HEALTH &
WELLBEING

MENTAL HEALTH AWARENESS

COURSE SUMMARY:

- Raise awareness of the issues surrounding mental health difficulties
- Dispel some of the myths and misconceptions frequently linked to mental health issues
- Develop learners' knowledge of the rights of those with mental health issues

ENTRY REQUIREMENTS:

- To join this course you will need to have literacy skills at Level 1 or above and Digital Skills sufficient to undertake independent research and complete homework tasks
- Laptop loans are available on request should the learners not have their own suitable technology
- Throughout the course you will need to undertake a variety of activities which will need to be completed and submitted in a timely manner.

WHAT WILL YOU DO ON THIS COURSE?

Your tutor will take you through a variety of learning activities such as group discussion, workbooks, practical activities, pair work, and independent research. You will explore:

- ✓ What is meant by mental health
- ✓ Some of the social and personal effects of mental ill health
- ✓ Some of the responses to mental health issues
- ✓ The impact of cultural diversity in relation to mental health issues



AWARD:
NCFE Level 1 in
Mental Health
Awareness

PROGRESSION FROM THIS COURSE:

For some learners, this course could act as an entry point to further vocational study, for example through our health and care / counselling provision. For learners in the north, East Coast college offers an NCFE Mental Health course at Level 2.



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FUTURE-S

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THE GATEWAY TO LEARNING IN YOUR COMMUNITY