

Awareness of Mental Health Problems

Are you looking for mental health training? Gain a sound understanding of a range of mental health problems.



Nationally accredited



100% Government funded



Takes on average 5 - 10 weeks



Engaging online learning



Expert 1-to-1 support



Level 2 qualification

Course Description

UK employers, particularly in the health and social care sector, are increasingly interested in their staff having a thorough understanding of mental health problems. This qualification aims to raise your awareness of mental health and a range of mental health problems. You will gain an understanding of prevalent mental health problems and how you can then work with or interact with individuals with them.

Are you eligible to complete this qualification for free?

This qualification is 100% government funded if:

- On the 31st of August 2019, you were aged 19 or over
- You currently live in England. (However, anyone living in the following areas is not eligible for funding: Cambridgeshire and Peterborough, Greater Manchester, Liverpool City Region, Tees Valley, West Midlands, West of England, North East of England, and West Yorkshire)
- You have lived in the European Union for the last 3 years (unless you have been given a special Visa/Residence permits that gives you the permanent right to remain)
- Are unemployed in receipt of benefit or employed and can provide evidence (subject to eligibility)
- Can provide Identifications and relevant documentation as required
- If on the 31st of August 2019, you were aged between 19-23, you need to have gained a full level 2 qualification (e.g. five or more GCSE/O-Levels at grades A* - C / 4 - 9, one A-Level, two/three AS-Levels, five or more CSE grade 1's, GNVQ Intermediate, QCF Diploma Level 2).

How home-based learning works

After an initial digital assessment, you will receive access to the digital course, which is full of engaging and comprehensive content such as videos, quizzes, and more. You will be paired with a qualified assessor who will provide you with ongoing, friendly support. You'll then complete an online assessment in order to receive your qualification.

Job roles that this qualification can lead to:

- Mental Health Nurse

Course Content

- Understanding mental health**

In this unit you will learn about what is meant by 'mental health' and its impact. You will also look at the legal frameworks which ensure high quality care is provided.

- ◉ **Understanding stress**

In this unit you will gain an understanding of stress and its causes, as well as the effects stress can have on individuals and their daily life. You will also gain an understanding of ways in which stress can be managed.

- ◉ **Understanding anxiety**

Within this unit you will gain an understanding of anxiety, the causes of anxiety and how it affects the individual and others.

- ◉ **Understanding phobias**

In this unit you will look at the causes of phobias and learn about how those with phobias can manage them.

- ◉ **Understanding depression**

This unit covers the causes and effects of depression on individuals and those around them. You will gain an in-depth knowledge of how depression can be managed.

- ◉ **Understanding post-natal depression**

In this unit you will learn what is meant by the term 'postnatal depression'. You will look into how postnatal depression not only affects women, but the effect it can have on others around them.

- ◉ **Understanding bipolar disorder**

This unit will give learners an understanding of bipolar disorder, its causes and the effects it can have on individuals and their daily lives. You will also gain an understanding of ways in which bipolar disorder can be managed.

- ◉ **Understanding schizophrenia**

Within this unit you will look at the causes of schizophrenia and the media's representation of this condition.

- ◉ **Understanding dementia**

Within this unit you will not only learn about what dementia is and how it affects an individual, but will gain an understanding of the ways in which dementia can be managed.

- ◉ **Understanding eating disorders**

Unit 10 will give you in-depth knowledge of eating disorder, the causes of eating disorders and how they can affect the individual and others.

- ◉ **Understanding attention deficit hyperactivity disorder (ADHD)**

Within this unit you will look at ADHD, the causes of this condition and the effect it can have on an individual and others.

- ◉ **Understanding Obsessive-Compulsive Disorder (OCD)**

In this unit you will gain an understanding of OCD, its causes and how it might affect the individual and others. You will also learn about ways in which OCD can be managed.

- ◉ **Understanding Post-traumatic Stress Disorder (PTSD)**

The final unit will give you knowledge of PTSD, its causes and how it can affect the individual. You will also gain an understanding of the ways in which PTSD can be managed.

FAQs

Where and when do courses take place?

Our Home Learning courses take place from the comfort of your home! You can be enrolled on our courses whenever you are ready, and start when you're ready.

Can I work at my own pace and my own time?

Yes, the main advantage of doing our Home Learning course is that allows you to be flexible to choose the times that suits you to learn. Each course will have a recommended date to complete, with plenty of time to work through the units to gain the qualification.

How many hours a day do I need to dedicate to this course?

The amount of time that you dedicate to the course is entirely flexible. Depending on the qualification, someone dedicating 15 hours of learning a week can complete their qualification within eight weeks.

Do I have to pay for this course?

All our courses are free for those who are employed, furloughed or unemployed, subject to eligibility.

How do I enroll?

Please visit strivetraining.co.uk to enroll.

Do I have to attend your training centre?

No, you don't need to attend our training center for any of our Home Learning courses.

Can anyone sign up for this course?

Yes, anyone who is employed or unemployed can enroll on any of our courses, subject to eligibility.

Do your courses have start dates?

No, you can start when you are ready and enroll when you are ready.

How many courses can I take?

You can enroll on one course at a time, but you can do as many as you like to achieve your career goals. We are happy to give you information, advice and guidance on any courses you wish to complete.

Will I get a certificate at the end of the course?

Of course. All our courses are accredited courses and you will receive a nationally recognized certification on achievement.

Do I need to do an exam at the end of my course?

All our Home Learning courses are assignment based, you will need to complete assignments for each of the units of the qualifications and submit them to your assessor.

What if I need support with my course work?

Your assessor will be available to support you through email or our messaging system and provide feedback on all your assignments you submit.

Will I be told how I am doing throughout the course?

Yes, you will be provided with regular progress updates.

I am interested in courses on subjects that aren't yet covered by Strive Training, will more courses be available?

Yes, there are further courses that will become available in due course, we will be keeping our website updated regularly, but if you would like to be notified please email us at homelearning@strivetraining.co.uk

I'm not great with technology - will I be able to learn online?

We continually try to make learning simple and transparent. Learning through our online platform is incredibly easy and you can navigate around your qualification quickly and access all the learning materials as soon as you login. Your studying should be about what you learn, not how you learn it. Which is why we make the entire process as simple as possible to help you adjust to learning online.

Next steps:

Visit strivetraining.co.uk to enroll or contact Ananta Patel
on 07388 993 106 or via apatel@strivetraining.co.uk

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