

# Understanding Children and Young People's Mental Health

Are you interested in broadening your knowledge of children's mental health? This online course allows you to develop your knowledge at your own pace, in your own home.



Nationally accredited



100% Government funded



Takes on average 5 - 10 weeks



Engaging online learning



Expert 1-to-1 support



Level 2 qualification

## Course Description

This qualification aims to equip you with a more detailed understanding of mental health conditions that can affect children and young people, the legislation and guidance surrounding mental health, risk factors that can affect mental well-being and the impact that mental health concerns can potentially have on young people and others.

## 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:

- School Counsellor
- Mental Health Worker

## Course Content

- Understand children and young people's mental health in context**

In this unit, you will learn about the concept of mental health and how society's view of mental health has changed over time. You will also learn about the legislation in place to support children and young people's mental health.

- **Understand factors which may affect children and young people's mental health**

This unit will cover the risk factors that can affect children and young people's mental health and how these can be mitigated. You will also look at how developmental changes and puberty can impact children and young people.

- **Understand children and young people's mental health concerns**

This unit will look at the behaviours displayed by children and young people that may indicate a mental health concern. You will look in more detail at common mental health conditions that affect children and young people.

- **Understand the impact of children and young people's mental health concerns**

In this unit, you will investigate the impact of mental health concerns on children, young people and others. You will look at the importance of diagnosis and the reasons why there may be a reluctance to seek a diagnosis.

- **Understand how to support children and young people with mental health concerns**

In this fifth and final unit, you will explore person-centred approaches to supporting children and young people with mental health concerns, how to promote mental well-being in children and young people, and the services and treatment involved with children and young people's mental health.

## 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](http://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](mailto: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](http://strivetraining.co.uk) to enroll or contact Ananta Patel  
on 07388 993 106 or via [apatel@strivetraining.co.uk](mailto:apatel@strivetraining.co.uk)

SUPPORTED BY  
MAYOR OF LONDON



Skills Funding  
Agency



**ncfe.**