

## Mental Health Awareness (RQF)

### Summary

This course is designed for those seeking a greater understanding of mental health issues and is equally suitable for experienced health care workers or those new to the sector. You will learn about a wide range of mental health issues, including stress, anxiety, phobias, depression, bipolar disorder, schizophrenia, dementia and eating disorders.

<b>Course Provider</b>	Distance Learning Centre Swaledale, 4 Coaley Lane, Houghton le Spring, Tyne & Wear DH4 4SQ 0845 129 7238   <a href="http://www.distance-learning-centre.co.uk">www.distance-learning-centre.co.uk</a>
<b>Qualification Accreditation</b>	NCFE CACHE
<b>Academic level</b>	Level 2
<b>PET entry requirements</b>	Level 2 English
<b>Format of course material</b>	Paper-based
<b>Structure of course</b>	10 units: Unit 1: Understanding Mental Health Unit 2: Understanding Stress Unit 3: Understanding Anxiety Unit 4: Understanding Phobias Unit 5: Understanding Depression Unit 6: Understanding Post-Natal Depression Unit 7: Understanding Bipolar Disorder Unit 8: Understanding Schizophrenia Unit 9: Understanding Dementia Unit 10: Understanding Eating Disorders
<b>Assignments</b>	10 - the ten assignments are used for the formal assessment, and they are sent out one at a time - they will be marked in 5-10 days. If they do not pass first time they can be re-submitted.
<b>Exam</b>	No
<b>Estimated completion time</b>	200 hours
<b>Maximum course duration</b>	12 months support and Awarding Body registration
<b>Prison support requirements</b>	Liaise with the supplier to submit assignments and ask questions
<b>Supplier Tutor's support</b>	Yes - tutors will mark assignments and can be contacted by post or email via Education Dept.

<b>Certificate</b>	Yes - DLC Certificate of Completion with feedback and the Awarding Body Certification is included in the course price
<b>Progress</b>	There are range of possible progression options, including Level 3 Understanding Mental Health Care (RQF). Call our free Advice Line on 0800 048 7520 on Tuesdays (10-12pm and 2-4pm) and Thursdays (10am-12pm and 2-6pm).