

Awareness of Mental Health Problems



Course Overview

This course will provide you with an understanding of what is meant by mental health and mental ill health as well as looking at the legal frameworks that ensure high quality care can be provided. More specifically, this workbook will introduce you to the causes and symptoms of stress, anxiety and depression. For each of these mental health conditions, you will explore what each of these conditions may feel like and how they affect the individual as well as how they affect family and friends. Finally, you will gain an understanding of the ways in which these conditions can be managed.

Completion within 16 weeks, although early completion is achievable

Benefits of study:

- No need to attend college, work from home at a pace that suits you.
- Achieve a nationally recognised Level 2 qualification.
- Further your personal and professional development.
- Available at no cost.
- Receive support and guidance from a dedicated team of qualified assessors/tutors.
- Study will enhance your personal and professional skills.

What You Will Study

The student will learn through the support of relevant materials for the course, with a knowledgeable tutor providing advice and guidance on the course content.

Units:

- Understanding mental health
- Understanding stress
- Understanding anxiety
- Understanding phobias
- Understanding depression
- Understanding post-natal depression
- Understanding bipolar disorder
- Understanding schizophrenia
- Understanding dementia
- Understanding eating disorders
- Understanding attention deficit hyperactivity disorder (ADHD)
- Understanding obsessive compulsive disorder (OCD)

START DATE

Available to enrol from August 2026

LEVEL

Level 2

STUDY MODE

Part-time

DURATION

16 weeks

AWARDING BODY

TQUK

LOCATION

Online Learning



For further information about this course, including Entry Requirements, Assessments and Further Study, scan the QR code.

Need More Information?

For additional course information please contact the Course Information Team on **01924 789111** or email courseinfo@heartofyorkshire.ac.uk.

To learn more about the Heart of Yorkshire Education Group, our facilities and how we can support you please visit our website www.heartofyorkshire.ac.uk.

Quick Links



How to Apply



Student Support



Virtual Tours



- Understanding post traumatic stress disorder (PTSD)

How You Will Be Assessed

The course is delivered via distance learning, supported by a range of interactive online resources. Work is assessed by the tutor throughout the course from induction to completion.

Entry Requirements

No specific entry requirements, however good written English is desirable.

Fee Information

Funding is available for this course subject to Post Code.

Further Study

You may wish to complete further distance learning courses in: Understanding Children and Young People's Mental Health or Understanding Behaviour that Challenges.

