HEART OF YORKSHIRE EDUCATION GROUP COURSE INFORMATION:

Principles of the Mental Health Worker

HEALTH, SOCIAL CARE & WELLBEING

Course Overview

If you are looking to develop your understanding of mental health and the role of the mental health care worker, the Level 2 Certificate in the Principles of the Mental Health Care Worker is the course for you. This course will enable you to gain the skills and knowledge needed to understand approaches to care and management in mental health, the duty of care, and the principles a mental health care worker is required to have.

What You Will Study

Unit 1: Mental Health and Mental Health Issues
You will learn about mental health, the concept as a whole, including physical and mental well-being, the common types of mental health problems and illnesses, anxiety and depression, and the legislation and guidance that applies to those with mental health problems, including the Mental Capacity Act and the Care Act.

- Section 1: The concept of mental health
- Section 2: Common types of mental health problems and illnesses
- Section 3: The legislation and guidance that applies to those with mental health problems

Unit 2: Principles of the Mental Health Care Worker
Here you will learn about the roles and responsibilities of the care worker, including those in relation to standards and practices, records and legislation and duty of care. Also about the importance of personal development plans and SWOT analysis in continuous professional development, using feedback, and reducing stress, as well as using the Mental Capacity Act and codes of practice when working in care.

- Section 1: The different roles and responsibilities for working in mental health
- Section 2: How continuous professional development improves own practice
- Section 3: How own well-being improves practice
- Section 4: The Mental Capacity Act 2005 when Working in Mental Health Care

Unit 3: Approaches to Care and Management in Mental Health
In this unit, learn about features of the care planning process, including local standards of care, the stepped approach to care, and key interpersonal skills. Also about aspects of good practice including risk assessments, mental health assessments, and the role of key agency professionals in relation to the care process.

- Section 1: The key features of the care planning process
- Section 2: Aspects of good practice in the care planning process

Unit 4: Understand Duty of Care in Adult Health and Social Care
In this unit, learn about the duty of care and how it influences health and social care practice, including whistleblowing policy and legislation. Also about what must happen when a dilemma occurs in relation to the duty of care, recognising and reporting unsafe practices such as staff shortages and unsafe equipment, examining workplace culture and abuse, and what is considered valid consent.

- Section 1: What is meant by "duty of care"
- Section 2: Dilemmas and conflicts relating to duty of care
- Section 3: How to recognise and report unsafe practices
- Section 4: The impact of own actions on individuals and others
- Section 5: The importance of consent in health and social care practice

Unit 5: Understanding Change and Support in Relation to Mental Health

START DATE
Available to enrol from August 2026

LEVEL
Level 2

DURATION
15 weeks

STUDY MODE
Part-time

LOCATION
Online Learning

AWARDING BODY
VQA

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

Heart of Yorkshire Education Group

In this unit, learn about different factors that can cause mental health change to occur, and key areas in which individuals benefit from support. Explore how others can support the individual to recover, including unpaid carers, advocates and interpreters, and also learn about the types of medication and therapy available to manage mental health problems and other resources that are available to support good practice.

- Section 1: How mental health change occurs
- Section 2: The role of others in the individual's mental health change
- Section 3: The treatment options available to manage mental health problems
- Section 4: How to access information to support understanding of mental health issues

Attendance Expectations

No need to attend College, work from home at a pace that suits you.

How You Will Be Assessed

Work is assessed by the tutor throughout the programme from induction to completion.

Entry Requirements

There are no specific entry requirements however learners should have a minimum of Level 2 in English and Maths or equivalent.

Fee Information

Funding is available for this course subject to Post Code.

Further Study

This qualification can also support progression to employment.