

# Understanding Children and Young People's Mental Health



## Course Overview

Throughout this course you will learn to understand the concept of mental health, understand risk factors which may affect the mental well-being of children and young people and know about specific mental health conditions that children and young people may experience. You will also understand the impact mental health concerns can have on children and young people and understand how to promote mental well-being in children and young people.

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:

- Understand children and young people's mental health in context
- Understand factors which may affect children and young people's mental health
- Understand children and young people's mental health concerns
- Understand the impact of children and young people's mental health concerns
- Understand how to support children and young people with mental health concerns

## Attendance Expectations

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

## How You Will Be Assessed

The course is delivered via distance learning, supported by online flipbooks. 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 Awareness of Mental Health Problems (not specific to children), Awareness of Bullying in Children and Young People or Understanding Distressed Behaviour in Children.

### START DATE

Available to enrol from August 2026

### LEVEL

Level 2

### STUDY MODE

Part-time

### DURATION

11 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](mailto: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](http://www.heartofyorkshire.ac.uk).

## Quick Links



How to Apply



Student Support



Virtual Tours

