

FAMILY LEARNING LEVEL 1 AWARD MENTAL HEALTH AWARENESS

01. Who is this course for?

This course is 7 weeks long. There will be 2 hours (1.5 hours online) taught sessions each week with other learners. You will have access to course materials. You will be required to produce a portfolio of evidence. You will be required to complete assignments at home.

02. What will I learn?

This qualification is designed for learners looking to increase their knowledge and awareness of mental health. It will help you to develop your awareness of issues surrounding mental health and to know the rights of those with mental health issues. In this unit you will understand what is meant by the term mental health and consider the definition and causes of mental health problems. You will also explore common perceptions of mental health difficulties and how stereotyping can affect people's perceptions. You will develop your knowledge of the rights of those who experience mental health difficulties and learn where appropriate support can be sought. You will also develop your awareness of cultural diversity within mental health issues. The learning outcomes are: Be aware of what is meant by mental health Be aware of some of the and personal effects of mental ill health Be aware of some of the responses to mental health issues Be aware of cultural diversity in relation to mental health issues

03. How will I learn?

You are assessed in the classroom by the tutor and by completion of a Portfolio of evidence. You will be asked to keep a diary where you can comment upon the topics you have learned and the progress you feel you've made. Your tutor will feedback to you regularly. So that you can be successful in completing the course we do require that you try not to miss any sessions – talk to your tutor about individual catch ups.

05. What skills or experience do I need?

This course is suitable for Family Learning learners who wish to progress on to accredited courses. You will need to complete an Initial Assessment as part of your induction.

08. How will I be supported in my learning?

Once you start, if you have further queries and/or support needs, please talk to the tutor. We also offer support to help people with learning difficulties and/or disabilities. If you have a disability, learning difficulty, health problem or mental health difficulty that may affect your learning or participation, please contact us for further advice.