

## LEVEL 1 AWARD IN MENTAL HEALTH AWARENESS

Course Name	Start Date	End Date	Site	Total Fees
Level 1 Award in Mental Health Awareness	30/10/2024	11/12/2024	Online Delivery	0.00

### 01. Who is this course for?

This course is for parents and carers to help them support their own and children's learning and development. Families are a child's first and most important teachers; parental support is a key factor throughout a child's education. Children whose parents support their learning and take a keen interest in their education do better at school and in later life. Family Learning helps to promote good relationships within families, offering a second chance for parents to return to learning to develop their own skills and be aware of all the other learning opportunities available. You will be able to: Have fun with your children and get new ideas for things to do as a family, Understand how your children develop and learn and how you can help them grow in confidence, Discover new ways to make learning a fun experience for all, Learn how to manage stress, communicate better as a family, feel more confident and positive and set goals for your future, Share your experiences with other parents and gain ideas, advice and support from each other.

### 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?

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. 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.

### 04. What will I need to bring?

Family Learning courses are free, and the resources needed for this course will be provided by the tutor.

### 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.

## **06. How will I be assessed?**

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.

## **07. What could I do after this course?**

Leicestershire Adult Learning Service The Adult Learning Service also offers courses in: · Computing and ICT · Personal Development, including Arts and Leisure · Languages, British Sign Language, ESOL and Makaton · Maths and English · Skills for Jobs · Apprenticeships and Traineeships · Family Learning · Programmes for Adults with Learning Difficulties and/or Disabilities.

## **08. How will I be supported in my learning?**

We aim to support all learners to succeed. Our tutors will work with all learners to meet individual needs by using a range of resources and teaching methods. When you enrol on your course you will be asked if you have any additional learning needs or disabilities which may affect your learning. This might include physical disabilities, neurodivergent needs (e.g., Autistic Spectrum Disorder, ADHD, dyslexia, or dyspraxia, etc.), visual and auditory impairments, or a medical condition which might affect your learning. Your tutor will contact you prior to joining the course to discuss what support can be put in place. For some learners, this may mean organising extra time in exams or arranging for a Learning Support Assistant to support your learning in class. We also offer a wide range of assistive technology such as reader pens, screen readers, large print keyboards and screens, alongside in-class resources such as coloured overlays, large-print resources and more.

## **09. Is help available with course fees?**

Many of our courses are FREE to all learners. For fee-paying courses, if you are in receipt of state benefits or have a low income (£26,211.90 before deductions) you could be entitled to enrol on your course for FREE, or at a 70% Reduced Fee cost. If your course is accredited (working towards a formal qualification) your course may be FREE if you earn under £25,000 before deductions. Some exclusions apply, eligibility for fee reduction is subject to change, and you may be required to provide evidence of earnings. If the amount you must pay for your course is over £50, we offer instalment plans which break down the cost of learning into a set number of easy monthly payments. If you need help with the wider costs of study, such as childcare, resources, travel, and transport costs, you may be eligible to have these costs reimbursed through our Discretionary Learner Support Fund. Visit us online for more details, and to download the online application form.

## **10. How do I choose the right course for me?**

If you are unsure about which course may be right for you, our team of Learning and Work Advisers are on hand to offer FREE and impartial information, advice and guidance on learning and work options available to you. To book your free, confidential, and impartial appointment, please call FREEphone 0800 988 0308 or email [LALS.LWA@leics.gov.uk](mailto:LALS.LWA@leics.gov.uk).