

Who is this for?

The qualification is aimed at anyone that wants a better understanding of mental wellbeing, how they can minimise the risk of developing a mental health issue or reduce the impact of an existing condition.

The qualification is ideal as a mental health awareness course in a workplace or for personal development.

Key points

- ☐ Regulated qualification
- ☐ Half-day programme
- ☐ Lifetime validity period
- ☐ Certificate included
- ☐ Assessed by short answer questions

Course content

This qualification has been developed to cover the key mental health conditions identified by NICE and includes research based methods to reduce the impact or risk of mental health conditions.

The course includes:

- ☐ Definition of mental health and ill health
- ☐ Reducing the stigma of mental ill health
- ☐ Stress
- ☐ Post-traumatic stress disorder
- ☐ Anxiety
- ☐ Depression
- ☐ Panic disorder
- ☐ Obsessive compulsive disorder
- ☐ Reducing stress
- ☐ Reducing the impact and risk of poor mental wellbeing