



the **skills** network



Level 2 Certificate in Understanding Children and Young People's Mental Health



Course overview

One in ten children have a diagnosable mental health condition, and 75% of mental health problems have begun by the age of 24. Mental ill health can affect a young person in every area of their life, including family, school, friendships, the workplace and the wider world. Mental ill health can be worsened by negative stereotypes and stigma from the media who portray mental illness as shameful and dangerous.

This course will equip learners with a detailed understanding of mental health conditions including depression and anxiety, the legislation and guidance surrounding mental health, risk factors that may affect mental well-being and how to build resilience against these, and the impact mental health concerns may have on young people and others.

Learning method

Studying via distance learning means you can choose when and where you study. We ensure that you get all the support you need throughout your course in the form of a personal Tutor and a dedicated Learner Support Advisor.

This course is available:



Online



Paper-based



Paper-based learning with online assessments.

All of our award-winning learning resources are of the highest quality and are designed to be engaging and interactive to keep you focused on your learning at all times.



Who is suitable?

This course is ideal for learners who want to increase their knowledge and understanding of children and young people's mental health. This qualification supports progression onto further mental health qualifications and into relevant employment in the health and social care or education sector.





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What you will learn

This course is split into four manageable units:

Unit 1:

Understand the principles of mental health concerns in the context of children and young people

Unit 2:

Legislation and best practice relating to children and young people's mental health

Unit 3:

Living with childhood mental health conditions

Unit 4:

Understand how to minimise the risk of mental health concerns in children and young people

Unit 5:

Understand causes and diagnosis of mental health concerns in children and young people

Benefits

- Gain a nationally recognised qualification
- Create a long-standing career pathway within the childcare sector
- Courses are delivered via distance learning, allowing learners to choose when and where to study
- Receive an individualised curriculum plan, created by our online Diagnostic and Curriculum Planning Tool, to maximise learners' development
- Engaging and interactive activities that stretch learners' thinking and help put their new, extended knowledge into practice
- Expert curriculum tutors are assigned to provide the support learners need to succeed
- Study will develop learners' knowledge, skills and confidence to enhance their future work and life
- Personalised learning support from our excellent team of Learning Support Advisors
- Support with your future progression through our Careers and Progression Coordinator.