



the **skills** network



TQUK Level 1 Award in Mental Health Awareness (RQF)



Course overview

Common mental health conditions such as anxiety, depression and stress affect one in four people in the UK every year. These mental health issues are more common than you think, and it is important that people are aware of different mental health conditions, so that they can be recognised and responded to appropriately. By studying this course, learners will increase their knowledge and understanding of mental health, and develop skills which will enable them to progress into a career in the health and social care sector.

The course equips learners with an introductory level of knowledge and understanding in relation to mental health issues. Learners will look at what mental health means, the effects mental health can have on individuals and on society, the current responses to mental health and the relationship between cultural diversity and mental health issues.

Learning method

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

This course is available:



Online

All of our award-winning, online 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 wish to gain a basic knowledge of mental health and the effects it can have on both individuals and society. Anyone who currently works in health and social care settings would benefit from this course, as well as those who would like to raise their awareness of mental health for personal reasons. This qualification is suitable for learners aged 16 or above.





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What you will learn

This course contains one unit ('Develop an awareness of mental health') which is split into four manageable sections:

Section 1:

What is meant by mental health

Section 2:

The social and personal effects of mental ill health

Section 3:

The responses to mental health issues

Section 4:

Cultural diversity in relation to mental health issues.

Benefits

- Gain a nationally recognised qualification
- Create a long-standing career pathway within the health and social care 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 Learner Support Advisors
- Support with your future progression through our Careers and Progression Coordinator.

