

Award In Mental Health Awareness Level 1



Course Code F01CF31F

Venue: Room

Tothill Community Centre
Knighton Road
St Judes
Plymouth
Devon
PL4 9DA

Start Date: 13 July 2023

End Date: 13 July 2023

Sessions: 1

Day(s): Thursday

Start Time: 09:30

End Time: 16:30

Cost of course:

Cost of course Free

Before you enrol on this course You will not be able to enrol online. You will need to complete a formal assessment to ensure you can achieve at this level. Please speak to a learning advisor, who may be contacted on 01752 660713.

Entry requirements There are no entry requirements. This course is for anyone with an interest in mental health. People with some knowledge on the subject may join this course to develop their understanding.

Course Intent This course aims to raise awareness of the issues surrounding mental health difficulties; dispel some of the myths and misconceptions frequently linked to mental health issues, and develop learners' knowledge of the rights of those with mental health issues.
You will cover:
- What is meant by the term 'Mental Health'.
- The definition and causes of mental health difficulties.
- Common perceptions of mental health difficulties and how stereotyping can affect people's perceptions.
- Where appropriate support can be sought.
- Cultural diversity within mental health issues.

How will the course be delivered? This is a classroom based course and the sessions will include tutor-led demonstrations, learner-led group activities, discussions, instruction and exam preparation. These and other teaching and learning methods will form part of the delivery together with one-to-one support as required.

Will I need to study or practise outside the classroom? It's always good to practise your skills, your tutor may encourage home research.

How will I know I am making progress? This is a one day course and the Tutor will set targets at the beginning and will review your progress with you throughout. The assessments will be completed at different points throughout the day.

What will I need for the course? Please bring a pen, notepad and a file for your hand-outs.

Progression Look out for information regarding follow-on courses. Learning Advisors will be happy to provide you with information of what progression is available. Visit our website at www.onsoursesouthwest.co.uk or contact us on 01752 660713 to make an appointment.

Please Note:

Most courses attract a subsidy from the Education and Skills Funding Agency and can be used to match funding for ESF. It is a requirement of the ESFA that you complete various forms at different stages of your course, further information is available on request. Courses are subject to a minimum number of enrolments and could be cancelled if recruitment is low. In some cases, an alternative class at a different location may be offered.

Room numbers are subject to change - please check when you arrive at the venue.

On Course South West

Tel: 01752 660713

HYDE PARK HOUSE, MUTLEY PLAIN, PLYMOUTH, PL4 6LF

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