



NCFE Cache Level 3 Certificate

## UNDERSTANDING MENTAL HEALTH



Be 19+ at the beginning of the academic year



Lived within the EU for the last 3 years



Live in London and earn less than the London Living Wage

With 1 in 4 persons in the UK facing a mental health issue each year, the mental health crisis is growing more widespread. The goal of the Level 3 Certificate in Understanding Mental Health is to raise awareness of mental health concerns and the value of mental wellness.

### Benefits

- Achieve a nationally recognised Level 3 qualification
- Further your personal and professional development
- Build a knowledge base that can be used in a variety of occupational roles, gaining an understanding of the skills needed to work in mental health services, the importance of addressing mental health problems, and how legislation and publicity are changing attitudes towards those seeking treatment.

### What you will learn

- Understanding the context of mental health and well-being
- Promotion of mental health and well-being
- Mental health problems, associated issues and consequences
- Understanding mental ill health
- Working in mental health

This qualification can assist with a career path towards clinical psychology, mental health nursing or psychological wellbeing practice.