



NCFE Cache Level 2 Certificate

AWARENESS OF MENTAL HEALTH PROBLEMS



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

If you're looking to develop an understanding and appreciation of mental health conditions, this course will help you do just that. This course focuses on the signs and symptoms of different mental health conditions and how to manage them, as well as gaining an understanding of mental health legislation and guidance.

Benefits

- Increase understanding of symptoms and management of stress, anxiety and phobias
- Further your personal and professional development
- Gain a clear understanding of mental health legislation

What you will learn

- Understanding Mental Health
- Understanding Stress
- Understanding Anxiety
- Understanding Phobias
- Understanding Depression
- Understanding Post-Natal Depression
- Understanding Post-Traumatic Stress Disorder
- Understanding Bipolar Disorder
- Understanding Schizophrenia
- Understanding Dementia
- Understanding Eating Disorders
- Understanding Attention Deficit Hyperactivity Disorder
- Understanding Obsessive Compulsive Disorder