

DL - Level 3 Certificate in Understanding Mental Health

Course Code

DIS/MHLTH3/23/1/OL

Time and duration

Start Date:

Start Time: 00:00

Weeks: 0

Location

Online

Online

ZZ99 9ZZ

Level 3 Understanding Mental Health

With increasing worries at each life stage, whether linked to exam pressure, work expectations, unemployment or financial difficulties, it is not surprising that individuals may struggle to cope with the demands of everyday life. Approximately one in four people in the UK will experience a mental health problem each year. This is why it is more important than ever before to increase our understanding of mental health in order to tackle this growing health concern and challenge the stigma attached to mental health.

You will be allocated 52 weeks to complete this qualification as an online, home study approach.

You will be allocated a user name and password to log onto the system to upload your work.

You will be allocated an assessor who will provide you with regular feedback digitally on the work that you upload. However, you can request a 1:1 if you feel this would be beneficial.

Benefits

Gain a nationally recognised qualification

Create a long-standing career pathway within the health and social care sector

Personal tutors are assigned to ensure learners have the support needed to succeed

Courses are delivered as distance learning, allowing learners to choose when and where to study

Personal tutors are assigned to ensure learners have the support needed to succeed

What you will learn

Understanding the context of mental health and wellbeing

Promotion of mental health and wellbeing

Mental health problems: associated issues and consequences

Understanding mental ill health

Working in mental health

Eligibility Criteria

Age 19+

Lived in the UKJ for 3 years

Born before 01/09/1998