

Awareness of Mental Health Problems

Mental health presents one of the greatest challenges to our society. With an estimated 450 million people worldwide suffering from a mental health problem, around a quarter of British adults will experience some form of mental health problem within the course of a year. While many elements of mental health are still not understood, having a good knowledge of the information that is available is essential in the care sector.



What you will learn

Unit 1	Understanding Mental Health
Unit 2	Understanding Stress
Unit 3	Understanding Anxiety
Unit 4	Understanding Phobias
Unit 5	Understanding Depression
Unit 6	Understanding Post-Natal Depression
Unit 7	Understanding Bipolar Disorder
Unit 8	Understanding Schizophrenia
Unit 9	Understanding Dementia
Unit 10	Understanding Eating Disorders
Unit 11	Understanding Attention Deficit Hyperactivity Disorder
Unit 12	Understanding Obsessive Compulsive Disorder
Unit 13	Understanding Post-Traumatic Stress Disorder

Benefits

- Achieve a nationally recognised Level 2 qualification
- Increase understanding of symptoms and management of stress, anxiety and phobias
- Further your personal and professional development
- Gain clear understanding of mental health legislation
- Learn at a time that suits you without the need to attend college



**Available
fully funded**

To find out more about this qualification, please contact:

Call: 01942 761600 | Email: applications@wigan-leigh.ac.uk | Visit: www.wigan-leigh.ac.uk