



# Step Up Training and Care

From Training to Caring, we deliver excellence

Qualification Name	Level 2 Certificate in Mental Health Awareness
Qualification achieved	ICQ Level 2 Certificate in Mental Health Awareness 603/4694/2

Step Up Training and Care have been reviewed by the QACLS (Quality Assured Care Learning Service) for delivery of this qualification. This service from the Department of Health and Social Care will review the quality of individual courses and qualifications delivered by training providers to ensure that training and development is of good quality, easily accessible, meets the needs of the workforce and users of care services. We have met all these standards and therefore proud to be approved to display the QACLS Logo against this qualification.



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## Qualification Structure

You will be assigned a personal assessor who will help guide you through the learning criteria for this qualification, delivered as a distance learning qualification.

Learners will be required to undertake personal research and complete assignments in line with the qualification criteria. Work is submitted through building a portfolio of evidence which is submitting in a variety of ways including

- Completing an E-portfolio where requested.

There are no exams required to pass this qualification. We do not require an observation of the learner in practice.

## Qualification Duration

The total qualification duration for this course is 140 hours with 115 as guided learning hours. This equates to approximately a 6 week timescale but is dependent on a learner being engaged in their studies, submitting evidence to match the learning criteria usually on a weekly basis to your personal assessor

## Costs

This course is £315

If you are an employer and seeking your employee(s) to undertake this qualification, please note this qualification attracts funding from government pathways. The funding is delivered through the Learning and Development Support Scheme (LDSS) offered by the Department of Health and Social Care (DHSC). Employers make this claim on behalf of the employee; the LDSS scheme cannot and will not accept any claims from an individual. Step Up Training and Care cannot make the claim on behalf of any individual or employer, details of the scheme can be found here [Learning and Development Support Scheme for the adult social care workforce: a guide for employers - GOV.UK](#)

The rules for this scheme state employers pay an initial 60% of the qualification cost to Step up Training and Care, they then claim that outlay back from the LDSS scheme. Then upon completion and certification of studies the remaining 40% is paid to Step Up Training and Care and then claimed back from the LDSS scheme.

Individuals looking to undertake this qualification and paying for this personally will be offered options on how to pay for this course, including payments in full on registration or payment via a mutually agreed instalment plan. Individuals paying personally will not qualify for any funding reimbursements.

#### Who can enrol for this course?

Must be age 16+.

#### Entry requirements

There are no specific entry requirements however learners should have a minimum of level 1 in literacy and numeracy or equivalent.

#### Who is this qualification suitable for?

The objective of this qualification is to prepare learners to progress to a qualification in another subject area and/or to give learners personal growth and engagement in learning, specifically in relation to understanding the principles of mental health and mental illnesses.

This qualification can be taken by learners in any occupation and is not specific to the health or care sector.

It is suitable for learners who are likely to come into contact with individuals who may have mental ill health or a diagnosed mental illness in their work or everyday life, including the Police, paramedics, HR staff or social/recreation group leaders.

This is a knowledge-only qualification that covers knowledge and understanding in relation to mental health, mental illnesses, signs and symptoms and also how to support those with mental ill health. It includes units on different illnesses as well as units on professional conduct, therapeutic communication, and how to support mental ill health in children and young people or adults with learning disabilities.

The objective of this qualification is to prepare learners to progress to a qualification in another subject area and/or to give learners personal growth and engagement in learning, specifically in relation to understanding the basic principles of mental health.

- Develop understanding and appreciation of mental health conditions
- Learn about signs, triggers and symptoms of mental health
- Understand how mental health affects an individual's ability to cope and function
- Examine guidance to potentially manage and support them with their illness

#### Certification

Upon successful completion of this qualification, you will be issued with a hard copy of your certificate.

### Enrolment

Full details of how to enrol on this qualification can be found on our website, under the section Enrolment.

### Module Content

To complete this qualification, learners must complete the following mandatory unit:

**Learners must achieve the one mandatory unit:**

- A/617/6476 Understand specific mental health complications
- F/617/6477 Understand the effects of poor mental health on an individual
- K/617/6473 The principles of mental health awareness
- M/617/6474 Understand how to support individual experiencing mental health problems
- T/617/6475 Understand laws and legislation related to mental health