



Step Up Training and Care

From Training to Caring, we deliver excellence

Qualification Name	Level 2 Certificate in Mental Health
Qualification achieved	Highfield Level 2 Certificate in Mental Health (RQF) 603/6383/6

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

- Telephone appointments with your assessor
- Written submissions usually sent by email
- 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 130 hours with 104 as guided learning hours. This equates to approximately a 1-month 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 £240
50% is payable at point of enrolment with the remaining 50% payable upon completion of the qualification.

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 the Highfield Level 2 Certificate in Mental Health (RQF), learners must complete the following:

Learners must achieve the one mandatory unit:

- Introduction to mental health, mental ill health and wellbeing 2 20 3

Optional group: Learners must achieve 10 credits from this group:

- Introduction to stress and anxiety (Credit Value 1)
- Introduction to post traumatic stress disorder (PTSD) (Credit Value 1)
- Introduction to mood disorders and depression (Credit Value 1)
- Introduction to bi-polar disorder (Credit Value 1)
- Introduction to phobias (Credit Value 1)
- Introduction to self-harm and self-neglect (Credit Value 1)
- Introduction to psychotic disorders (Credit Value 1)
- Introduction to eating disorders (Credit Value 1)
- Introduction to substance misuse (Credit Value 1)
- Introduction to therapeutic communication and helping skills when supporting those with mental ill health (Credit Value 3)
- Introduction to health and safety and professional conduct for helping those with mental ill health (Credit Value 3)
- Introduction to supporting mental ill health in children and young people (Credit Value 3)
- Introduction to supporting mental ill health in adults with learning disabilities (Credit Value 3)

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