

NCFE CACHE Level 1 Award in Mental Health Awareness

Accreditation	NCFE
Course duration	1 Days
Certificate valid for	Never expires

Who should attend

The NCFE CACHE Level 1 Award in Mental Health Awareness is eligible for Adult Education Funding and is appropriate for a wide range of people with an interest in raising their own understanding of mental health issues. It would complement study in a range of areas, e.g. citizenship, PSHE, healthcare, social care, counselling or public services. It may also be particularly useful for those working within the voluntary and community sector and for others whose role calls for interaction with the general public in their day-to-day work.

Individuals will gain a nationally recognised NCFE Mental Health Awareness Level 1 Certificate.

Course information

Overview

This qualification develops the understanding of mental health awareness and what is meant by the term 'mental health'. Mental health includes our emotional, psychological, and social well-being and it affects how we think, feel, and act, it also helps determine how we handle stress, relate to others, and make choices. We consider the definition and causes of mental health difficulties. You will also explore common perceptions of mental health difficulties and how stereotyping can affect people's perceptions and will develop your level of knowledge of the rights of those who experience mental health difficulties and learn where appropriate support can be sought. You will also develop their awareness of cultural diversity within mental health issues.

Course Content

- Raise awareness of the issues surrounding mental health difficulties
 - Dispel some of the myths and misconceptions frequently linked to mental health issues
 - Develop learners' knowledge of the rights of those with mental health issues
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Assessment

Classroom delivery, with achievement of the assessment criteria evidenced through contextualised, vocationally-related and practical experiences, along with completion of portfolio of evidence.

Certification

Delegates will be awarded the NCFE CACHE Level 1 Award in Mental Health Awareness.

[More details](#)

Progression Opportunities

Learners who achieve this qualification could progress to:

- Level 1 Award in Substance Misuse Awareness
- Level 2 Award in Substance Misuse
- Level 2 Award in Helping Skills
- Level 2 Certificate in Mental Health Awareness

Funding and Support

We are able to offer this course fully funded through The Adult Education Budget (AEB) and European Social Funding (ESF) - subject to eligibility, Please contact us to find out more about eligibility, along with the course dates we have running in various locations around the UK.