



Course details

Course title

Award in Mental Health Awareness Level 1

Course code

Q00016011

Course date

Start: 06/01/25

End: 31/03/25

Number of classes

12 sessions

Timetable

Mon 6th Jan, 10:00 to 12:00

Mon 13th Jan, 10:00 to 12:00

Mon 20th Jan, 10:00 to 12:00

Mon 27th Jan, 10:00 to 12:00

Mon 3rd Feb, 10:00 to 12:00

Mon 10th Feb, 10:00 to 12:00

Mon 24th Feb, 10:00 to 12:00

Mon 3rd Mar, 10:00 to 12:00

Mon 10th Mar, 10:00 to 12:00

Mon 17th Mar, 10:00 to 12:00

Mon 24th Mar, 10:00 to 12:00

Mon 31st Mar, 10:00 to 12:00

Tutor

Paula Hellal

Fee range

Free to £75.00

How you'll learn

You'll join a small group of fellow learners for classes online in video meetings and materials will be provided in our virtual learning environment.

Got it!

Online

Venue

Online

Level of study

1

Course overview

If you're interested in learning more about mental health issues, this level 1 course can teach you the foundational concepts. You'll get a view into the nature of mental health work and the issues that face people struggling with it. Level 1 health and social care courses about mental health can teach you the basic principles of mental health care. If you enjoy this course you can continue your learning in this area. Mental health awareness training can help you understand if this area of work interests you.

Course description

This mental health awareness course can also be useful if you have contact with people with mental health difficulties in your family or community life.

- Study definitions of 'mental health' and common causes of mental ill health
- Learn how stereotyping can affect perceptions of mental health
- Explore services that exist to help with emotional well-being
- Learn about the rights of people who experience mental health difficulties.

Level 1 mental health awareness training gives you a broad overview of mental health issues. It can be the first step to further study in various areas.

You can progress to a Level 2 Certificate in Mental Health Awareness or Adult Social Care. This can lead to jobs working in care homes or as a mental health support worker.

Your tutor will advise you on the pathways and options open to you to help you make the right choice for you.

The WEA is an experienced adult education course provider. We're committed to helping you access and enjoy adult education. If there's something we can do to help you, we will.

Your tutor will set different tasks throughout the course. Create a portfolio of activity plans, reports, and presentations. Your supportive WEA tutor will help you with any accessibility requirements you may have.

You'll need access to the internet to take this course as your tutor will upload useful materials to Canvas, the WEA's digital learning platform.

Most of our courses are free for most of our learners. Please note that you need to reach the end of the enrolment process to see the discounts.

What financial support is available?

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

What other support is available?

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

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