Awareness of Mental Health Problems

Awareness of Mental Health Problems

Campus: Distance Learning
Code: DLAC001
Level: 2

About This Course

Mental distress takes many forms. This course aims to broaden your knowledge of mental ill-health and the most commonly diagnosed mental health conditions. You will develop an awareness of the signs and symptoms of these conditions and how they may affect people's day-to-day lives. You will also gain an insight into how these conditions can be successfully managed. The qualification is mapped to the Skills for Health National Occupational Standards and the knowledge set for dementia from Skills for Care.

What Will I Study?

You will study a range of topics including:

- Understanding Mental Health
- Understanding Stress
- Understanding Anxiety
- Understanding Phobias
- Understanding Obsessive Compulsive Disorder
- Understanding Post-Traumatic Stress Disorder
- Understanding Depression
- Understanding Postnatal Depression
- Understanding Bipolar Disorder
- Understanding Dementia
- Understanding Eating Disorders
- Understanding Attention Deficit Hyperactivity Disorder

Why Study Here?

- Learn from industry-experienced and well-qualified tutors who have spent many years in the Social Care sector and have specialist qualifications and knowledge to bring to their teaching
- Learn from your own home, in your own time
- Achieve a nationally recognised Level 2 qualification
- Access to award winning learning and assessment materials
- Access to a Learner Support Advisor for everyday queries

Entry Requirements

To be eligible to undertake our free distance learning courses you must meet the below criteria:

- Living in the UK and aged 19+
- If you are aged 19-23 you must hold a full Level 2 qualification and not currently enrolled on an apprenticeship
- Aged 24 or above – free to everyone

Individuals who reside in the following devolved local enterprise partnerships (LEP) cannot be funded through us and will need to contact their local provider:

- Greater Manchester Combined Authority
- Liverpool City Region Combined Authority
- Cambridgeshire & Peterborough Combined Authority
- Cornwall Combined Authority
- West of England Combined Authority
- West Yorkshire Combined Authority
- North of Tyne Combined Authority
- Tees Valley Combined Authority
- West Midlands Combined Authority
- Greater London Combined Authority

You will also need to provide a personal statement (minimum of 100 words).

What Courses Can I Progress Onto?

- Other courses in Health & Social Care

Additional Information

This course is free of charge if you meet the criteria for funding. To be eligible for funding you must be aged 19 or over, have been living in the United Kingdom for the last three years and have not previously completed the course you are wanting to enrol on. Email: dl@rnntraining.co.uk

PLEASE NOTE

We make every effort to ensure information within our online course directory is accurate and a true representation of the courses we are offering in 2026-27. However, we do reserve the right to make changes if necessary.

Last updated: 6th October 2026