

Course Information Sheet – Accredited Courses

Mental Health Awareness Level 1 NCFE

Introduction

The aim of this course is to raise awareness of the different issues surrounding mental health difficulties. Learners will have the opportunity to develop knowledge of the rights of those who experience mental health difficulties. Time will also be spent exploring some of the common ideas of mental health difficulties and how stereotyping can affect people's perceptions. Identification of cultural diversity within mental ill health will also be developed.

Qualification

The NCFE Level 1 Award in Mental Health Awareness has been accredited by the qualifications regulators for England, Wales and Northern Ireland and is part of the Qualifications and Credit Framework (QCF).

What are the course entry requirements?

To participate fully in this course, learners should be able to follow verbal and written instructions including numerical information, produce a variety of written material and have basic ICT skills to access online course materials.

How long is the course?

This course runs for 20 guided learning hours which is generally 2 hours a week for 10 weeks. A minimum of 80% attendance is required to achieve the qualification.

Will I need an interview/pre course assessment?

A pre-course interview/assessment is not necessary. However all learners are welcome to ask for an informal discussion with the course tutor before they enrol if they are worried about their level of English speaking, listening, reading and writing or ICT skills.

What will the course involve?

The course involves attending taught sessions to explore the different theory of mental health awareness. Learners will be expected to complete one mandatory unit by completing a set of long and short questions in a Candidate Workbook.

Topics that will be covered include defining mental health, social and personal effects of mental ill health, basic responses to mental health difficulties and the impact of cultural diversity in relation to mental health issues

How will I be learning?

During this course, learners will be encouraged to work together to share information and experiences. A variety of methods including: informal quizzes, practical tasks, group discussion, question and answer sessions, case studies, games and some on-line self directed study through the virtual learning environment (VLE) will be used.

<i>What equipment will I need?</i>
A pen and some paper may be useful if you wish to take notes. An A4 file to collect handouts is also suggested.
<i>How will I know if I am making progress?</i>
During each session the course your tutor will provide ongoing verbal and written feedback about your progress. They will also provide time for a one to one tutorial half way through the course to discuss personal achievement and areas for development.
<i>What course work will I be expected to complete?</i>
All learners will be expected to carry out some independent research and written projects as homework throughout the course, this is estimated at no more than one hour per week.
<i>What can I expect to learn from this course?</i>
By the end of the course, learners will be able to: <ul style="list-style-type: none"> • Explain what is meant by the term mental health • Provide a definition and cause of mental health difficulties • Identify common perceptions of mental health difficulties and how stereotyping can affect people's perceptions • Describe where appropriate action can be sought • Discuss the impact of cultural diversity within mental health
<i>How will I be assessed?</i>
Each learner is required to complete a Candidate Workbook that will be assessed by the tutor and internal assessor during the course. An External Moderator may also request to see the Workbook after the course has ended.
<i>What qualification will I achieve?</i>
Level 1 Award in Mental Health Awareness worth 3 credits and may be used to gain entry to courses of further study.
<i>Which other courses/programmes of study does this course link with?</i>
This course would compliment study in a range of areas, for example, Citizenship, Health and Social Care, Public Services and Counselling.
<i>Will I need to cover anything in addition to the course fee?</i>
The fee for this course takes into account registration and certification from the Awarding Body NCFE and therefore no other costs are anticipated.
<i>What other training programmes and progression opportunities are there?</i>
Learners may wish to progress onto the NCFE Level 2 Certificate in Working with People with Mental Health Issues or other non accredited disability awareness courses. If you require in-depth advice on progression opportunities or guidance on career choices please contact our Information Advice and Guidance Officers on 0845 600 1331. For general information about other courses, contact us on the same number or check out the website www.lancashire.gov.uk/adultlearning