



## Course Information Sheet

### Mental Health Awareness

#### ***Introduction***

This course is introducing to learners some of the causes of mental ill health. We will also explore some of the common myths and preconceptions that are frequently linked to a mental health diagnosis and the associated impact this may have on an individual's wellbeing.

#### ***What are the course entry requirements?***

There are no entry requirements you just need to be able to follow verbal and written instructions in English, including numerical information.

#### ***How long is the course?***

Please see current brochure

#### ***What will the course involve?***

Learning activities and discussion

#### ***How will I be learning?***

Group activities, work sheets, handouts, power point, video.

#### ***What equipment will I need?***

Pen and paper

#### ***How will I know if I am making progress?***

You will receive informal feedback on your progression throughout the course.

#### ***What course work will I be expected to complete?***

Worksheets.

#### ***What can I expect to learn from this course?***

- Some of the causes and effects of common mental health disorders.
- The impact stereotyping has for an individual with a mental health difficulty.

***Will I need to cover anything in addition to the course fee?***

No

***What other training programmes and progression opportunities are there?***

NCFE Mental Health Awareness Level 1

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](http://www.lancashire.gov.uk/adultlearning)