



Global Training Centre

101, Lockhurst Lane, Coventry, CV6 5SF

Course Name	Level 1 Award in Mental Health Awareness
Qualification achieved	TQUK Level 1 Award in Mental Health Awareness (RQF) 601/7842/5

Course Structure
<p>This course is completed as a distance learning qualification by:</p> <ul style="list-style-type: none">• Individual research at home under the guidance of your personal assessor• Telephone assessment appointments to discuss your evidence and/or submitting written evidence to your assessor <p>There is no observation of practice at your place of employment required to complete this course. There are no exams required to achieve the qualification</p>
Course Duration
This course can be completed in as little as 3 weeks. Average learning time is 24 hours. This course has a limit of 3 months to complete from enrolment date.
Costs
This course is non funded and costs £75 to undertake. We are able to offer an instalment plan to those that require it but release of certification is not possible until the cost of the course is paid in full.
Who can enrol for this course?
Must be aged 16+. Anyone who is employed. Anyone with pending employment. Anyone who works in health care sector but not necessarily working directly with individuals requiring care (for example admin staff, receptionist, kitchen staff, housekeepers)
Entry Requirements
There are no specific entry requirements
Who is this course suitable for?
This course is designed for <ul style="list-style-type: none">• Individuals with employment, regardless of sector• Individuals with pending employment, regardless of sector• Individuals wishing to move into a career involving mental health
Certification
Upon successful completion of this course you will be issued with a hard copy of your certificate.

What will I learn by taking this course
This course has 1 mandatory unit <ul style="list-style-type: none">• Develop an awareness of Mental Health

The benefits of taking this course will provide you with the knowledge and understanding of

The qualification develops learners' knowledge and understanding of mental health issues. It develops and recognises learner's personal knowledge and skills to encourage a healthy lifestyle and to prepare them for further learning or training.

- Be aware of what is meant by mental health
- Be aware of some of the social and personal effects of mental ill-health
- Be aware of some of the responses to mental health issues
- Be aware of cultural diversity in relation to mental health issues