

## Awareness of Mental Health Problems

This FREE on-line qualification aims to raise your awareness of mental health and a range of mental health problems. This mental health course allows you to gain an understanding of prevalent mental health problems and how to work with or interact with individuals with them. On successful completion you will receive an E-certificate.

### Unit 1: Understanding mental health

- Section 1: Know what is meant by mental health and mental ill health
- Section 2: Understand how mental health care has changed over time
- Section 3: Understand the social context of mental illness
- Section 4: Understand the legal context of mental illness

### Unit 2: Understanding stress

- Section 1: Understand the term stress
- Section 2: Understand possible causes of stress
- Section 3: Understand how stress can affect an individual
- Section 4: Understand how the demands of daily life can contribute to stress
- Section 5: Understand how stress may be managed

### Unit 3: Understanding anxiety

- Section 1: Understand the terms 'anxiety' and panic attack
- Section 2: Understand possible causes of anxiety
- Section 3: Understand how anxiety can affect the individual and others
- Section 4: Understand how different ways of thinking and behaving can affect anxiety
- Section 5: Understand how anxiety may be managed

### Unit 4: Understanding phobias

- Section 1: Understand the term phobias
- Section 2: Understand the possible causes of phobia
- Section 3: Understand how a phobia can affect the individual and others
- Section 4: Understand how phobias may be managed

### Unit 5: Understanding depression

- Section 1: Understand the term depression
- Section 2: Understand the possible causes of depression
- Section 3: Understand how depression affects the individual and others
- Section 4: Understand how the demands of daily life can affect depression

Section 5: Understand how depression can be managed

Unit 6: Understanding postnatal depression

Section 1: Understand the term postnatal depression

Section 2: Understand the causes of postnatal depression

Section 3: Understanding puerperal psychosis

Section 4: Understand how postnatal depression can affect the mother and others

Section 5: Understand how preparation for the birth can help reduce the risk of postnatal depression

Section 6: Understand how postnatal depression may be managed

Section 7: Understand how puerperal psychosis can be managed

Unit 7: Understanding bipolar disorder

Section 1: Understand the term bipolar disorder

Section 2: Understand the causes of bipolar disorder

Section 3: Understand how bipolar disorder can affect the individual and others

Section 4: Understand how the demands of daily life can influence the presentation of symptoms of bipolar disorder

Section 5: Understand how to recognise the symptoms of bipolar disorder

Section 6: Understand how bipolar disorder may be managed

Unit 8: Understanding schizophrenia

Section 1: Understand the term schizophrenia

Section 2: Understand how the media representation of schizophrenia can create confusion about the illness

Section 3: Understand the causes of schizophrenia

Section 4: Understand how schizophrenia can affect the individual and others

Section 5: Understand how schizophrenia may be managed

Unit 9: Understanding dementia

Section 1: Understand the term dementia

Section 2: Understand the causes of dementia

Section 3: Understand how dementia can affect the individual and others

Section 4: Understand how dementia may be managed

Section 5: Understand factors which may adversely affect a person with dementia

Unit 10: Understanding eating disorders

Section 1: Understand the term eating disorder

Section 2: Understand the causes of eating disorders

Section 3: Understand how an eating disorder may affect the individual and others

Section 4: Understand how a specific eating disorder may be managed

Unit 11: Understanding Attention Deficit Hyperactivity Disorder (ADHD)

Section 1: Understand the term ADHD

Section 2: Understand the causes of ADHD

Section 3: Understand how ADHD can affect the individual and others

Section 4: Understand the symptoms associated with ADHD

Section 5: Understand how ADHD may be managed

Unit 12: Understanding Obsessive Compulsive Disorder (OCD)

Section 1: Understand the term OCD

Section 2: Understand the causes of OCD

Section 3: Understand how OCD can affect the individual and others

Section 4: Understand the thoughts and behaviour associated with OCD

Section 5: Understand how OCD may be managed

Unit 13: Understanding Post-Traumatic Stress Disorder (PTSD)

Section 1: Understand the term PTSD

Section 2: Understand the causes of PTSD

Section 3: Understand how PTSD can affect the individual and others

Section 4: Understand the symptoms associated with PTSD

Section 5: Understand how PTSD may be managed

Approximate Course Duration – 8 -12 weeks (based on an average of 10-15 hours of self study per week)

This qualification can be completed on either a desk top or mobile phone. There are no specific software requirements needed apart from a stable internet connection.

## Entry Requirements

This course is aimed at those 19 years (as at 31st of the academic year you are applying for) and over.

When applying for one of our free courses you will be asked to supply a copy of your ID, which can be either a passport, driving licence, birth certificate or national identity card. If you were born outside the EU, you must have proof of residency status and you will need to provide a copy for our records. If you have declared you are in receipt of benefits or low wage you will also need to provide us with evidence of this.

Apply now at [www.gloscol.ac.uk](http://www.gloscol.ac.uk) or call 0345 155 2020

Please note whilst there is no limit to the number of free courses you can complete, you can only study one free course at a time.

In some instances fully funded applications are subject to postcode eligibility or prior attainment.

## What's Next

### Your Options

	Start Date	End Date	Course Level
<b>Awareness of Mental Health Problems (Part Time)</b>			
Online	01/08/24	31/07/25	2