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# AWARENESS OF MENTAL HEALTH PROBLEMS



Aged 19+ (born  
before 01/09/1998)



Lived in the EU  
for 3 years



Available  
fully funded

Mental health presents one of the greatest challenges to our society. With an estimated 450 million people worldwide suffering from a mental health problem, around a quarter of British adults will experience some form of mental health problem within the course of a year. While many elements of mental health are still not understood, having a good knowledge of the information that is available is essential in the care sector.

## Benefits

Achieve a nationally recognised  
Level 2 qualification

Increase understanding of  
symptoms and management of  
stress, anxiety and phobias

Further your personal and  
professional development

Gain a clear understanding of  
mental health legislation

## What you will learn

Understanding Mental Health

Understanding Stress

Understanding Anxiety

Understanding Phobias

Understanding Depression

Understanding Post-Natal  
Depression

Understanding Post-Traumatic  
Stress Disorder

Understanding Bipolar Disorder

Understanding Schizophrenia

Understanding Dementia

Understanding Eating Disorders

Understanding Attention Deficit  
Hyperactivity Disorder

Understanding Obsessive  
Compulsive Disorder

FOR THOSE WHO CAN