# Level 2 Certificate in Awareness of Mental Health Problems (Online)

**Dates:** 01/08/2026
**Locations:** Online

This course has a duration of 16 weeks and is designed for anyone looking to develop their understanding of mental health and the problems that can cause mental ill health. Learners are advised that certain course materials may contain sensitive content that some individuals could find distressing or triggering.

## Entry Requirements

In order to undertake this course, you must have English at Level 1. You will need to know how to use and have access to an electrical device such as; a computer, laptop or tablet due to the delivery of the course being all online.

## What topics does the course cover?

This qualification contains 13 mandatory units -

•Understanding mental health
•Understanding stress
•Understanding anxiety
•Understanding phobias
•Understanding depression
•Understanding post-natal depression
•Understanding bipolar disorder
•Understanding schizophrenia
•Understanding dementia
•Understanding eating disorders
•Understanding attention deficit hyperactivity disorder (ADHD)

•Understanding obsessive compulsive disorder (OCD)

•Understanding post-traumatic stress disorder (PTSD)

## How will I be taught and assessed?

You will be provided with online learning materials which covers all aspects of your course. You will be required to complete assessments for each of the units within the course and submit these by the deadline dates provided at induction. You will be allocated an assessor at the start of your course and they will support you to ensure you have a successful outcome. IT skills will be developed throughout your course and basic English skills will be assessed and discussed on an ongoing basis.

## Are there any other costs or equipment I need to get?

The course is free if you meet the eligibility criteria. In order to be eligible for funding, you must be an ordinarily resident in England and be aged 19 or older on 31 August 2026. You will need internet access so that you can respond to email and use a digital device that will enable you to type your answers into a web-based platform.

## By the end of the course what should I be able to do?

On successful completion of this course, you will have:

• A raised awareness of mental health and a range of mental health problems

• Understood a of a range of mental health problems, which can be used to support your role in the workplace or where they may work or interact with individuals with mental health problems

## What are the progression opportunities following this course?

If you are interested in progressing to further study at the next level of vocational learning, the following qualifications are available:

Level 2 and 3 Certificate in Preparing to Work in Adult Social Care

Level 2 Award in Awareness of Dementia

Level 2 and 3 Certificate for Working in the Health Sector

Level 3 Certificate in the Principles of End of Life Care