Level 3 Certificate in Understanding Mental Health (Online)

Dates: 01/08/2026
Locations: Online

The course has a duration of 26 weeks and is designed to increase learners' knowledge and understanding of mental health and mental well-being. Successful completion of the required units will allow the learner to develop in-depth knowledge and understanding of mental health. It will also support learner progression into relevant employment within the Health and Social Care sector. This qualification will focus on the study of mental health and mental well-being to support different occupational areas, and offer breadth and depth of study, incorporating a key core of knowledge and understanding. Learners are advised that certain course materials may contain sensitive content that some individuals could find distressing or triggering.

Entry Requirements

An interview and English initial Assessment is required at the pre-enrolment stage. There are no specific recommended prior learning requirements for this qualification, however, learners may find it helpful if they've already achieved a Level 2 qualification in a related subject. You will need to know how to use and have access to a device such as; a computer, laptop or tablet due to the delivery of the course being online.

What topics does the course cover?

In this course, you are required to complete the 5 mandatory units:

•Understanding the context of mental health and wellbeing
•Promotion of mental health and wellbeing
•Mental health problems - associated issues and consequences
•Understanding mental ill health
•Working in mental health
•Working in mental health

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 and basic English skills will be assessed and discussed on an ongoing basis. You will need to know how to use and have access to a device such as; a computer, laptop or tablet due to the delivery of the course being online.

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

Have English at Level 2 and there will be an initial interview and English Initial Assessment to discuss the eligibility criteria. The course is free if you meet the eligibility criteria. 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. You will need to provide evidence of this in order to access this free course. If you are not eligible for a free course, you can still undertake the course and pay for it yourself or by taking out a learner loan.

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

On successful completion of this course, learners will be better able to understand:

•How to support mental well-being through various stages of life
•Mental ill-health, treatment options available and the potential consequences of mental ill-health
•The skills required to work in a mental health service

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 3 Award in Awareness of the Mental Capacity Act 2005
•Level 3 Certificate in Preparing to Work in Adult Social Care
•Level 3 Certificate in Working in the Health Sector