

# Awareness of Mental Health Problems

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.



## What you will learn

- Unit 1 - Understanding Mental Health
- Unit 2 - Understanding Stress
- Unit 3 - Understanding Anxiety
- Unit 4 - Understanding Phobias
- Unit 5 - Understanding Depression
- Unit 6 - Understanding Post-Natal Depression
- Unit 7 - Understanding Bipolar Disorder
- Unit 8 - Understanding Schizophrenia
- Unit 9 - Understanding Dementia
- Unit 10 - Understanding Eating Disorders
- Unit 11 - Understanding Attention Deficit Hyperactivity Disorder
- Unit 12 - Understanding Obsessive Compulsive Disorder
- Unit 13 - Understanding Post-Traumatic Stress Disorder

## 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



## Eligibility Criteria

- Aged 19+ (born before 01/09/1997)
- Lived in the EU for 3 years
- Can be completed online or by workbook



**Available  
fully funded**

**To find out more about this qualification, please contact:**

Call: **07584 684336** | Email: **Vicki.Gibbs@sussexdowns.ac.uk** | Visit: **www.sussexdowns.ac.uk**