

# Award in Mental Health Awareness

Level 1    ⋮    24glh    ⋮    3 credits

Approximately one in four adults in the UK will be diagnosed with a mental health issue at some point in their lives. Although this figure indicates that most people will have first-hand experience of mental distress, whether it be themselves or someone they know, many people with mental ill-health face stigma and discrimination.

This programme will help to raise awareness of mental health, promoting a more positive approach and enabling learners to challenge the negative attitudes and stereotyping that discourages some people from seeking the appropriate help and support required.

## Who is it for?

This qualification is designed for a wide range of learners who wish to raise their understanding of mental health. It is particularly relevant for those working in a variety of settings within the public, private, voluntary and community sector.

## What are the benefits of doing this course?

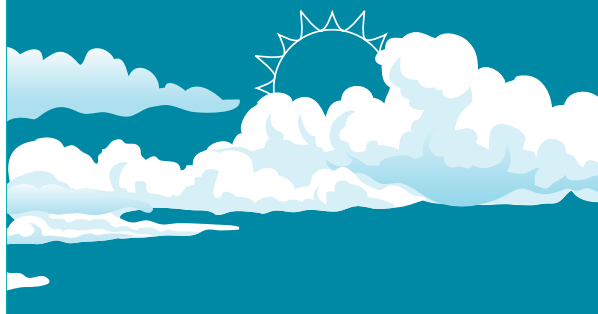
Learners will gain an understanding of mental health, mental illness and the surrounding issues. They will be encouraged to develop their awareness of cultural diversity within mental health issues and explore common perceptions of mental health difficulties and how stereotyping can affect people's perceptions. The programme will enable learners to develop their knowledge of the rights of those with mental health difficulties and the relevant support available.





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### Progression opportunities

By undertaking this programme, candidates will be able to further their own continuous professional development, which may improve their career prospects, or progress on to further qualifications such as courses in equality and diversity, care or related subjects. Please go to [www.hallmarkeducation.org.uk](http://www.hallmarkeducation.org.uk) for details of relevant Hallmark programmes.

### Information for learning centres:

Hallmark's materials are endorsed by Ascentis and NCFE.

#### Qualification reference number:

501/0253/9

#### Awarding organisations:

NCFE (see [www.ncfe.org.uk](http://www.ncfe.org.uk))

### Course content

The course comprises one mandatory unit. Candidates must successfully complete this unit in order to achieve the qualification.

*Unit 01: Develop an awareness of mental health*

### Entry requirements

This Level 1 qualification is suitable for learners aged 14 and above. There are no specific recommended prior learning requirements for this qualification.

### Course delivery and assessment

Hallmarks's materials comprise an activity workbook, which has been produced to suit a wide range of delivery methods. Learners will be provided with the necessary workbook to complete the programme and will be required to work through a series of tasks and activities designed to reinforce the learning process and test their knowledge.

### For further information, please contact:

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