

# Qualification Purpose Statement

## Qualification title

NCFE CACHE Level 2 Certificate in Mental Health Awareness (600/6134/0)

## Overview

This qualification contains the following mandatory units:

- Understanding mental health (T/504/0482)
- Understanding stress (M/504/0481)
- Understanding anxiety (Y/504/0488)
- Understanding phobias (H/504/0493)
- Understanding depression (M/504/0495)
- Understanding post-natal depression (T/504/0496)
- Understanding bipolar disorder (L/504/0553)
- Understanding schizophrenia (M/504/0562)
- Understanding dementia (A/504/0564)
- Understanding eating disorders (R/504/0571)

In each of the above areas learners will gain an understanding of the specific mental health topic. They will develop an understanding of the topic in relation to symptoms, experience for the individual, support needs, how the disorder can be managed and treated, and the roles and needs of family and friends.

## Who is this qualification designed for?

This qualification is suitable for learners aged 16 and above.

There are no specific prior qualifications needed to access this qualification, although learners may find it useful to have previously achieved a Level 1 qualification in a health, social care or mental health related area. This qualification is designed for any learner that wants to raise their awareness of mental health and the problems that can cause mental ill-health. These may be learners who wish to access this training with a view to progress to further qualifications or employment within health and social care, to complement other qualifications within apprenticeship frameworks within health or health and social care, or to develop within their current job role within health and social care.

## What could this qualification lead to?

As noted in the apprenticeship frameworks, career progression within the health and social care sectors will not always be vertical, it may also be horizontal. New ways of working and new roles are constantly evolving to meet the health & social care needs of the population. These new roles provide staff with opportunities to develop new knowledge and skills often described as 'expanded' roles.

This qualification can support progression to employment and progression within employment for the following job roles and workers:

- care assistant or worker
- personal care assistant
- adult social care relief team worker
- night care assistant
- support worker (supported living)
- key workers in residential/domiciliary/day care care settings
- home care support worker
- re-enablement worker
- healthcare support service worker
- clinical healthcare support worker
- healthcare assistant
- mental health outreach/support worker
- substance misuse worker
- counsellor
- health promotion/education worker.

The public sector Equality Duty (part of the Equality Act 2010) applies to public bodies and others carrying out public functions. The duty has implications on public bodies to deliver policies and services which are efficient, effective, accessible, and which meet different people's needs.

Workers within a wide range of public service roles will interact with those with mental health issues and support needs in their day to day work. This could be those working in areas such as customer service, housing, voluntary sector, sport and recreation, hospitality, travel and tourism, etc.

This qualification would specifically support those workers to understand mental health issues in relation to the disability discrimination aspects of the act.

## Progression opportunities

This qualification supports progression to further learning in the following areas:

- Level 2 and 3 Diploma in Health and Social Care (Adults) for England
- Level 2 and 3 Diploma in Clinical Healthcare Support
- Level 2 and 3 Certificate in Preparing to Work in Adult Social Care
- Level 2 and 3 Certificate for Working in the Health Sector
- Level 3 Certificate in the Principles of End of Life Care
- Level 3 Certificate in Stroke Care Management
- Level 3 Diploma In Allied Health Profession Support
- Intermediate and Advanced Level Apprenticeship in Health & Social Care
- Intermediate and Advanced Level Apprenticeship in Health (Clinical Healthcare Support)

## Are there any larger or smaller versions of this qualification at the same Level, why should a learner take this one?

There's only one other qualification currently regulated at this level in mental health awareness, which is a direct duplication of this qualification.

## Who supports the qualification?

The qualification is supported by providers listed on the Register of Training Organisations and who have current contracts for delivery of provision in Health and Social Care. For further information about these employers please contact CACHE on 0345 347 2123 or email us at [info@cache.org.uk](mailto:info@cache.org.uk).