

# CERTIFICATE IN UNDERSTANDING MENTAL HEALTH (LEVEL 3)

This course is designed for learners who want to increase their knowledge and understanding of mental health and well-being and builds naturally on the knowledge gained across a number of our Level 2 courses.

## COURSE CONTENT

The course also includes:

- Mental health legislation
- Services available for support
- Treatment options available
- Understanding the skills required to work in mental health
- How to support mental well-being
- Understanding perceptions and attitudes towards mental health

## 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

## HOW IS THE COURSE DELIVERED?

Alongside the learning materials, learners will have the support of a knowledgeable assessor/tutor who will give them advice and guidance on the course content as well as providing robust feedback on the work they complete. This course is usually delivered over a period of 16 weeks.



For more information:

Call: **0800 101 7101**

Email: **[info@keytraining.co.uk](mailto:info@keytraining.co.uk)**



**AVAILABLE  
FULLY FUNDED**